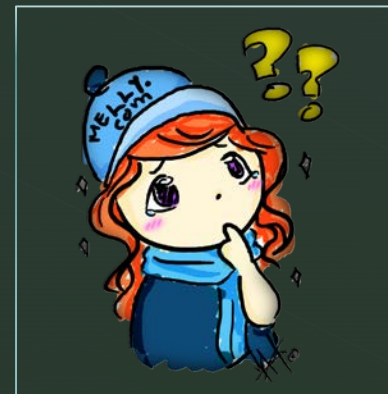


WAYS WE MOVE IN OUR
ENVIRONMENT

LOCOMOTOR MOVEMENTS:

Standard One

THINKING ABOUT THE WAY WE MOVE



What is your preferred way to move in each of these situations?

- Taking your completed work to the teacher's desk.
- Picking a low hanging fruit in your back yard.
- Getting under a low bar, like the one under your desk.
- Catching up with a friend who is ahead of you on the way to school.

YOU HAVE HAD SOME TIME TO THINK ABOUT YOUR MOVEMENT IN ALL THE SITUATIONS



I am guessing that your answers and mine are the same. If I am correct, say so by shouting the word-
LO-CO-MO-TOR



WALKING

Taking your completed work to the teacher's desk?

JUMPING

To pick a low hanging fruit in your backyard?



CRAWLING

To get under a low bar, like the one under your desk ?



RUNNING

To catch up with
a friend who is
ahead of you on
the way to
school?



Repeat the sentence below and tell it to someone else or to your mirror so that you do not forget it.

- A LOCOMOTOR MOVEMENT *is when your body moves or travels from one place to another.*
- *Say it slowly* LO-CO-MO-TOR

Can you name the four (4) Locomotor movements that we spoke about today?

1. C _ _ _ _ _

2. W _ _ _ _ _

3. R _ _ _ _ _

4. J _ _ _ _ _

Great job boys and girls!

