

### *Run*

- Bend your arms and move your elbows straight back like you are trying to elbow something behind you
- Hands move from hip to lip
- Pretend you're holding a potato chip in your hand (chip to lip!)
- Be Tall: stretch your tummy; pretend a string is pulling you up from the top of your head stretching you up
- Keep your eyes looking straight ahead
- Knees up, toes up
- Opposite arm, opposite leg

### *Jump (2 feet to 2 feet)*

- Point toes straight ahead
- Sit on a chair, stick your bum out; pretend you're riding a motorcycle
- Bring your arms forward like you're holding ski poles
- Push off - stretch your body while you take off (like a superhero); point your toes
- Pop up like a piece of toast popping out of the toaster
- Who can be the quietest to land? Let's be mice by bending our knees when we land and sitting back on our motorcycle

### *Hop (1 foot to same foot)*

- Point toes straight ahead
- Be tall while you're in the air
- Keep your elbows bent through the swing at your sides
- Push off the part of your foot just before your toes
- Bend your knees when you land

### *Throw*

- "Stand side on, make a star, point your finger, throw real far!"
- Point to your target
- Bring throwing shoulder back like an archer drawing an arrow
- Bring your hand back behind your head like you're preparing to High-5 someone
- Rotate your body like you're going to spin
- Point your elbow forward (lead with elbow pointing forward)
- Step forward with the foot OPPOSITE the throwing arm you use
- Follow through by letting your arm come across your body

### **Catch**

#### Early Stage:

- Cradle the kitten into your chest
- Hands ready, fingers wide

#### Intermediate Stage:

- Open the book
- Catch the egg (soft hands when the ball is caught)
- Watch the ball go into your hands

#### Advanced Stage:

- Thumbs together if ball is above your waist; "high to the sky"
- Pinkies together if ball is below your waist; "low to our toes"

### **Strike with Feet/Kicking**

- Position the ball at 2 o'clock to your body
- "Step, Stomp, Kick"
- Stomp your non kicking foot down beside the ball like you're squishing a bug
- Bring your kicking leg back
- Strike the ball with the laces part of your shoe
- Follow through in the direction you want the ball to go

### **Skip**

- Step forward with one foot, hop on that foot, and then step again
- Take it slow to start, then increase speed
- Use a rhythm to help - boom (step), clap (hop)
- Verbally say "step-hop" as you do it

### **Gallop**

- One foot in front of the other (toe to heel)
- Front foot leads and back foot meets front foot as body moves forward
- Just like you are riding a horse
- Keep your eyes looking straight ahead

### **Side Step**

- Make your belly button face the wall
- Take a big step sideways, then bring your feet together
- Start to move a little faster and just stay on the balls of your feet
- Bend your knees and change direction quickly

### **Walk Backwards**

- Look over each shoulder so you do not bump into anyone

- When you begin to move faster, stay on your tiptoes

### ***Leap/Bound (1 foot to other foot)***

- Drive front knee forward
- Use your arms like you're running
- Bend your hopping leg and drive with lead leg keeping foot up
- Land with back leg first, lead leg then follows
- Opposite arm, opposite leg

### ***Balance (on 1 foot)***

- Make your body stiff like a board
- Look forward
- Back straight
- Wings out - arms straight to sides
- Hold like a statue

### ***Dribbling***

#### With Hands:

- Have fingers spread out like a spider-web
- Push the ball toward the ground with your fingertips only

#### With Feet:

- Keep ball directly in front of you
- Use inside of each foot to contact the ball
- When you make contact with the ball, kick it towards the other side of your body, keeping it directly in front of you
- Eyes up, looking straight ahead

### ***Agility/Speed:***

#### Agility:

The ability to read a particular situation in a game and react appropriately to it

- Example: finding an open space

#### Speed:

Working on quick movements in games can help create quick thinking and the ability to react to situations appropriately