**RUDIMENTARY MOTOR SKILLS**

**RUNNING**

Eyes focused forward throughout the run

Knees bend at right angles during the recovery phase

Arms bend at elbows and move in opposition to legs

Contact ground with front part of foot

Body leans slightly forward

**HOPPING – ON EACH FOOT**

Maintain balance

Able to move forward on one foot

5 hops in a row, alternating feet

**SKIPPING**

Step hop on R foot, step hop on L foot

Check fluency and rhythm

**CROSS PATTERN**

Stand facing forward

Lift L knee and tap it with R hand

Lift R knee and tap it with L hand

Check fluency

Accuracy

**JUMPING**

Jump up and land

Both feet leave the ground together

Feet land together

Arms move down and back as knees bend

Arms move up over head as jump is performed

Balanced landing arms by side

**RUNNING ASSESSMENT SHEET**

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| --- | --- | --- | --- | --- | --- |
| **NAME** | **Eyes are focused through**  **out run**  **1** | **Knees bend at R angles during recovery**  **2** | **Arms bend at elbows move opposite to legs**  **3** | **Contact ground with front part of foot**  **4** | **Body lean slightly forward**  **5** |
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**SKIPPING ASSESSMENT**

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| **NAME** | **Step hop R, Step hop L** | **Fluency** |
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**CROSS PATTERN ASSESSMENT**

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| **NAME** | **Lift L knee and tap it with R hand** | **Lift R knee and tap it with L hand** | **Stand facing forward** | **Check fluency**  **Accuracy** |
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**JUMPING ASSESSMENT**

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| **NAME** | **Both feet leave the ground together** | **Feet land together** | **Arms move down and back as knees bend** | **Arms move up over head as jump is performed** | **Balanced landing arms by side** |
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**HOPPING ASSESSMENT**

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| **NAME** | **Hop L** | **Hop R** | **5 hops R 5 hops L** | **Fluency** |
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