

Name: _____

Date: _____

Please have your child complete the following Locomotor Movement Skills. These skills are skills we practice regularly in physical education class to help develop muscular strength/endurance and increase cardiovascular endurance.

Locomotor Skill:

Walk

Walk on tip-toes

Walk on heels

Jump up and down 10 times

Crab walk

Gallop

Skip

Hop like a kangaroo

Twist like a tornado

Fly like an airplane

Run

Balance on left leg

Balance on right leg

Please save this form until after the last snow day and then return it school.

Snow Day	Did They Complete? Yes or No
1	
2	
3	
4	
5	

Parent's please sign here if your child has completed all five days.
