



Physical Education

Locomotor and Jumping Skills Practice

Review each of these skills activities. You will need to practice all the activities over the next few weeks. You can count the time you practice on your weekly Activity Log.

Print off this page to help you keep track of the skills you need to practice. You can print off a new one each week.

Movement Skills	Su	M	Tu	W	Th	F	Sa
Balancing positions							
Speed walking							
Running in zig-zag pattern							
Jumping as high as you can							
Jumping as far as you can							
Hopping on one foot							
Skipping as fast as you can							
Skipping as high as you can							
Galloping at different speeds							
Sliding in different directions							



Short Jump Rope Skills	Su	M	Tu	W	Th	F	Sa
Double jump							
Single jump							
Backward swing							
Crisscross							
Jump rope as fast as you can							
Long Jump Rope Skills	Su	M	Tu	W	Th	F	Sa
Enter and jump (front or back door)							
Jump and exit (front or back door)							