

# 1 Locomotor Patterns

## **Traveling Skills & Chasing, Fleeing & Dodging**

### 2 Basic Locomotor Patterns

- Basic locomotor patterns tend to develop naturally
  - Most children can walk/run when they enter school

### 3 Basic Locomotor Patterns

- By the age of 8, children can execute all of the locomotor skills in the walk/run pattern:
  - walking, running, hopping, leaping, sliding, galloping, & skipping.
- These basic locomotor skills are referred to as traveling skills.

### 4 Chasing, fleeing & dodging

- These skills are inherent in many traditional forms of games & sports.
  - Children enjoy these types of games
    - space awareness concepts must be understood & traveling skills developed
  - Beginning tactical skills are learned through CFD games