

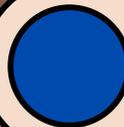
Galloping



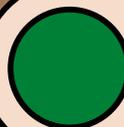
SCAN ME



LaCoMotor



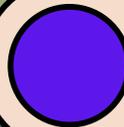
I can bend my arms and swing them forward.



I can step forward with my lead foot and follow with my back foot by landing it beside or a little behind my lead foot.



I can travel forward where, for a little bit, both of my feet come off the ground.



I can move forward by doing 4 gallops in a row.

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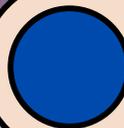
Hopping



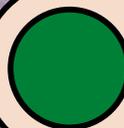
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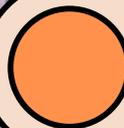
LaCoMotor



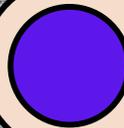
I can have my non-hopping leg swing forward to produce force.



I can hop forward with my non-hopping leg staying behind my hopping leg.



I can bend my arms and swing forward while hopping.



I can hop 4 times in a row before stopping.



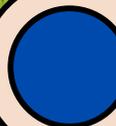
Horizontal Jumping



SCAN ME



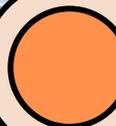
LoCoMotor



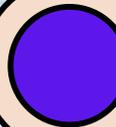
Before takeoff, **I can** bend both knees and bring my arms behind me.



I can, with force, move my arms forward and upward above my head.



I can lift both feet off the floor together and land together.



I can bring both arms downward, with force, when landing.

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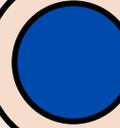
Running



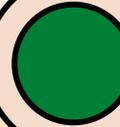
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LaCoMotor



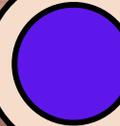
I can move my arms in opposition to legs with my elbows bent.



I can lift both feet off the ground, at one time, when running forward.



I can land on my heels or toes with a narrow foot placement,



I can bend my non-support leg so that my foot is close to my bum.



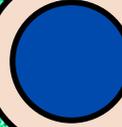
Skipping



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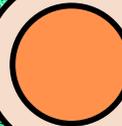
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I can step forward followed by a hop on the same foot.



I can bend my arms and move them in opposition to my legs.

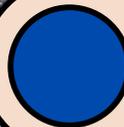


I can do 4 alternating skips in a row before stopping.

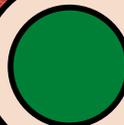
Sliding



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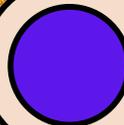
I can move my body sideways with my shoulders staying in a straight line.



I can take a step sideways with my lead foot followed by a slide with my trailing foot and have both feet leave the ground.



I can do four slides in a row to my preferred side.



I can do four slides in a row to my non-preferred side.