



# Locomotor Cards



## Directions

- 1) Fold the card in half or cut out the top and bottom of each card.
- 2) Glue, staple, etc., cards so they become a front-and-back card.
- 3) On the back of each card, a written definition is provided for each movement. Also, prompts are provided to encourage students to initiate engagement for each locomotor movement.

*These cards are intended to be used by students to develop the skills, knowledge, and understandings about movements they can use in a variety of contexts.*

### ACKNOWLEDGEMENTS

Locomotor Cards adapted from work by:  
 Green Gilbert, A. (2015). *Creative dance for all ages* (2nd ed.). Human Kinetics.  
 Laban, R. (1980). *The mastery of movement* (4th ed.). MacDonald & Evans.





What are the  
different  
ways that you  
can crawl?

# Crawl

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## Crawl

A crawl, or a belly crawl, is moving forward on the belly by pushing with feet and pulling with hands.

Explore taking long and short strides in different directions.

Trying crawling like a powerful animal or lightly like an insect.



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What are the different ways that you can creep?

# Creep

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## Creep

A creep, or a hand knee crawl, is moving forward or backward on hands and knees with toes on the ground. Try creeping at different speeds, in different directions, and in zigzag, curved, and straight pathways.



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What are the different ways that you can roll?

# Roll

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## Roll

A roll is a movement done low to the ground. Low level rolls, or log rolls, have arms over the head with body moving across the floor like a log. Try rolling together and apart from a partner. Explore rolls at slow, quick, and medium speeds.



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What are the  
different  
ways that you  
can walk?

# Walk

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## Walk

Walking is the transferring of weight from one foot to another while keeping contact with the floor, with arms swinging in opposition to the legs. Explore walking at different levels, with different weight, in a variety of directions.



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**What are the  
different  
ways that you  
can leap?**

# Leap

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## Leap

A leap is an exaggerated run where you move upward and forward with a long suspension in the air.

Practice leaps by stepping over objects. Explore leaping in different pathways while moving at a variety of speeds using different weight.



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What are the  
different  
ways that you  
can jump?

# Jump

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## Jump

A jump takes off and lands on both feet. The whole body lifts into the air off the ground. Explore jumping keeping your body close together and far apart. Try jumping in different pathways and at different speeds.



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What are the  
different  
ways that you  
can hop?

# Hop

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## Hop

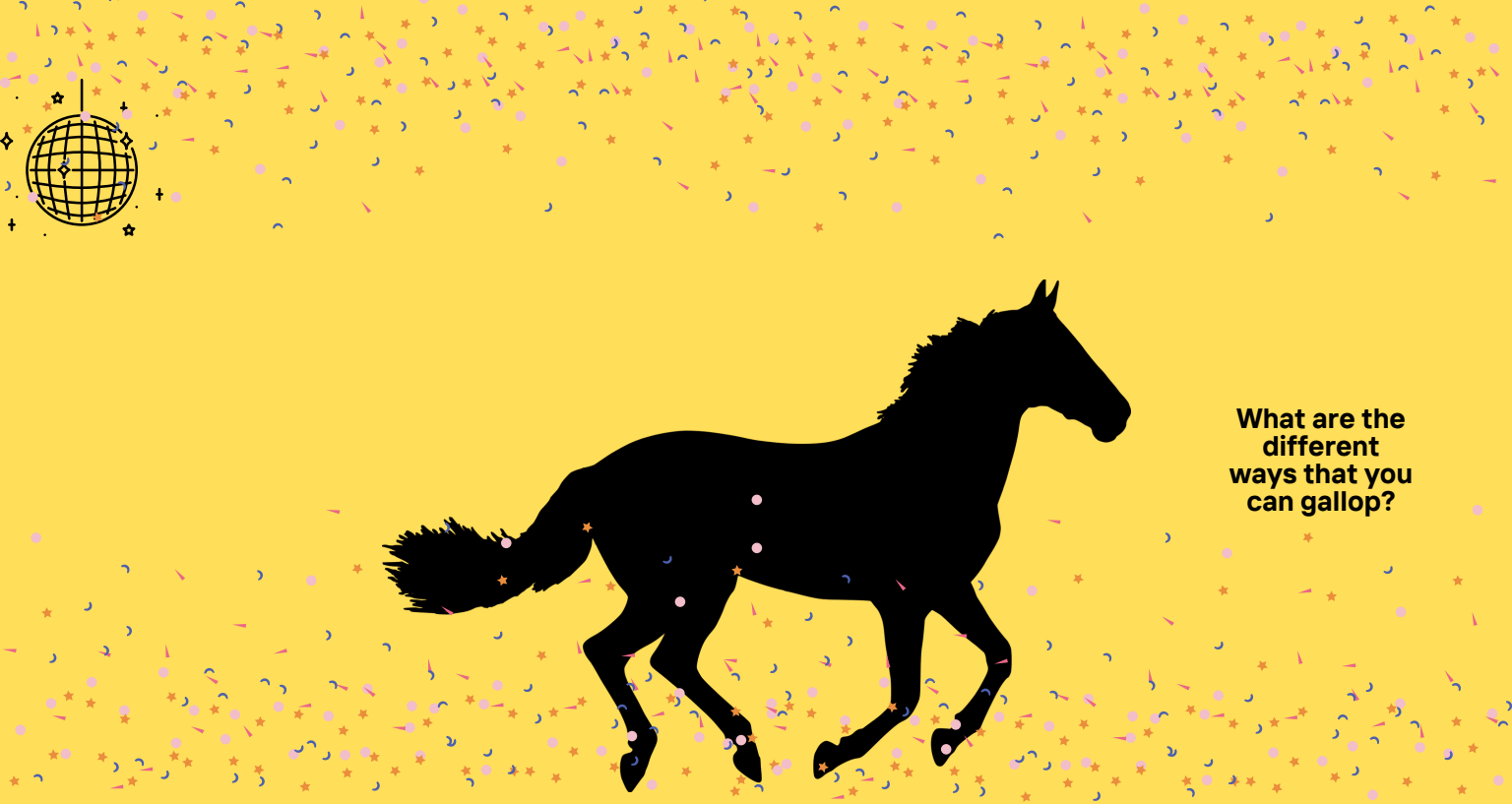
A hop takes off on one foot and lands on the same foot. The arms often swing upward during a hop. Try hopping on both legs through space at different speeds and in a variety of directions.



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What are the  
different  
ways that you  
can gallop?

# Gallop

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## Gallop

A gallop is a combination of a walk and a run where one foot leads while the other foot follows. The lead foot walks and the back foot runs. Explore galloping in different pathways, at different levels, and at various speeds.



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What are the different ways that you can slide?

# Slide

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## Slide

A slide is like a gallop moving sideways. The lead foot walks and the back foot runs with both feet coming off the ground. Explore sliding in different directions using a variety of arm movements, levels, and sizes.



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What are the  
different  
ways that you  
can skip?

# Skip

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## Skip

A skip is a combination of a hop and a walk. The leading leg alternates after each step. Explore skipping at a high level by taking a short walking step and a high hop. Try moving at a low level by taking a long step and a low hop.



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What are the different ways that you can grapevine?

# Grapevine

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## Grapevine

A grapevine moves sideways. When moving to the left, the right foot steps across by crossing in front, left foot steps to side, right foot steps across left foot by crossing behind, then left foot steps to the side. Try grapevining at a variety of levels and speeds.



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What are the different ways that you can tiptoe?

# Tiptoe

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## Tiptoe

A tiptoe is a walk where the heels of the feet are raised. Try tiptoeing at fast, medium, and slow speeds.

Explore tiptoeing in different pathways, in a variety of directions, and at different levels.



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What are the  
different  
ways that you  
can run?

# Run



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## Run

A run is faster than a walk. Arms move in opposition to the legs and both feet are off the ground at the same time. Explore running in different pathways, using a variety of speeds. Try running using different weight such as forceful or light.



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What are the  
different  
ways that you  
can waddle?

# Waddle

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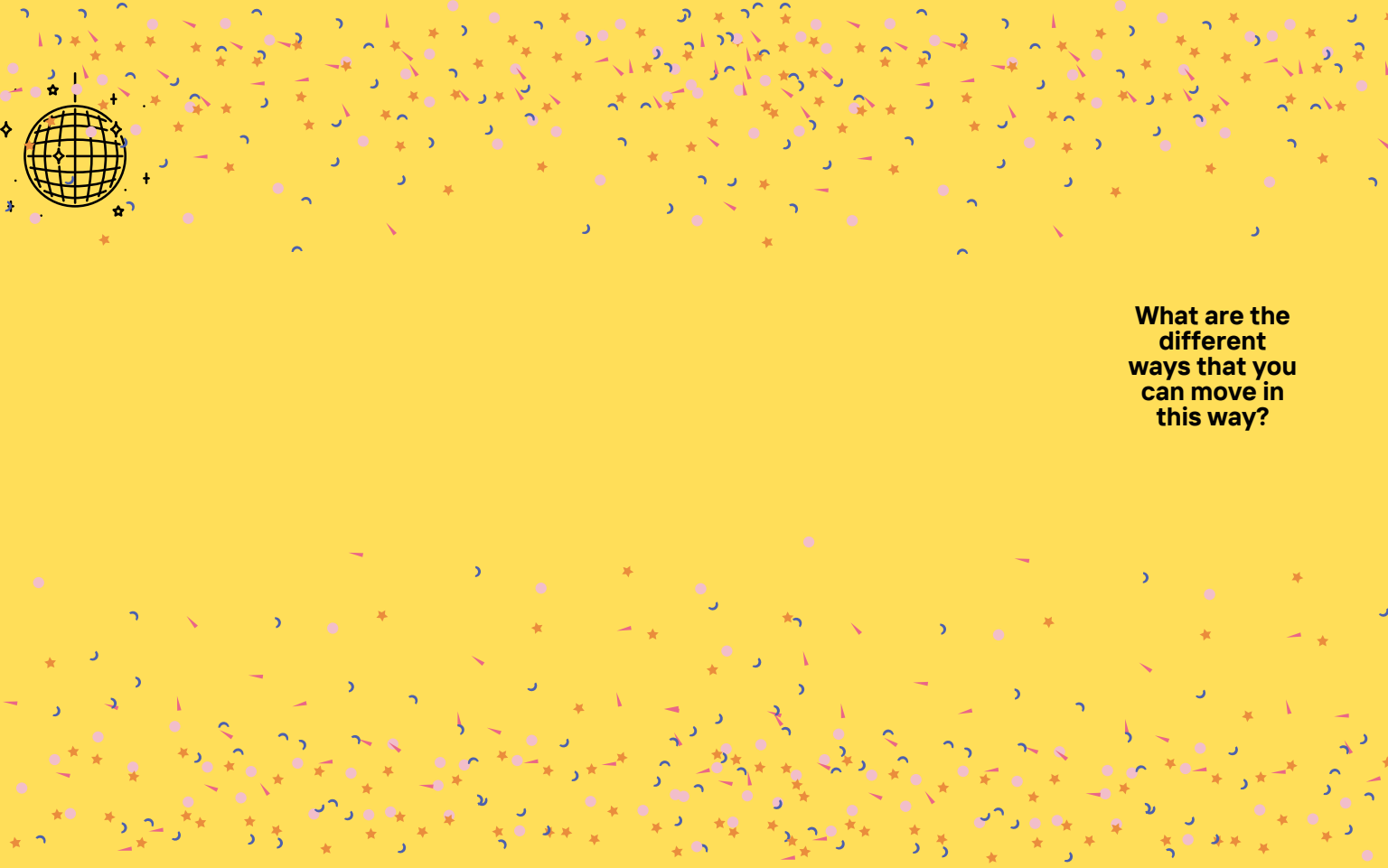
## Waddle

A waddle is a type of walk that includes short steps while swaying the body from side-to-side. Explore waddling at different levels, different directions, and at various speeds.



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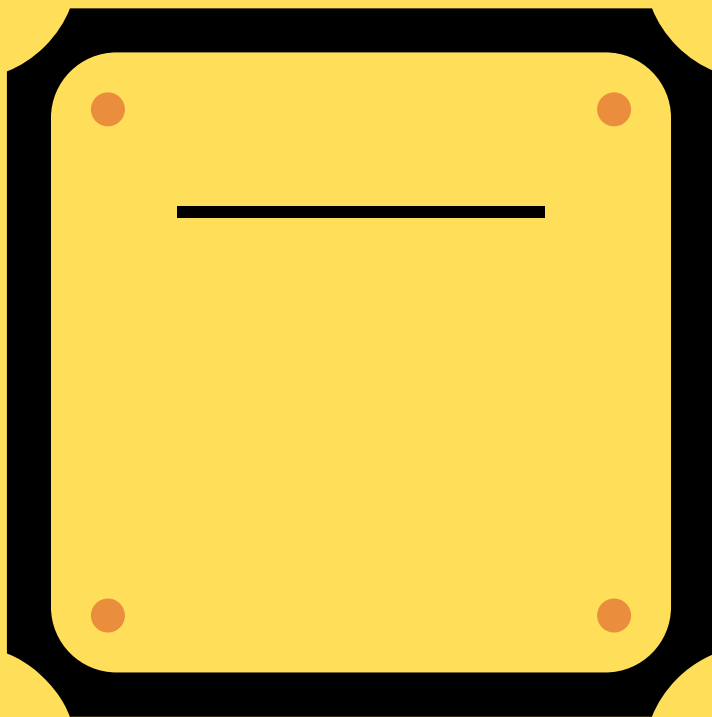




**What are the  
different  
ways that you  
can move in  
this way?**



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