Name/Title: Follow the Leader Locomotors

Purpose of Event: To differentiate between Locomotor and Non-Locomotor Movements.

Suggested Grade Level: K-2

Materials Needed: Music Player

Description of Idea

Explain to your students the difference between Locomotor and Non-Locomotor Movements.

Locomotor - when you are moving from one place to another (skip, walk, gallop)
Non-Locomotor - when you are moving your body, but not going anywhere (dance in place, wiggle, bend, shake)

Demonstrate what students will do when the song comes on and let them listen to the beginning of it, see video below:

Video

The song used can be purchased here.

Assessment Ideas:

Informal observation of students differentiating between locomotor and nonlocomotor movements..

Submitted by **Ben Landers** who teaches at River Springs Elementary in COLUMBIA, SC. Thanks for contributing to PE Central! **Posted on PEC: 11/29/2018**.

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