F-2 Dance Resource: Locomotion

**[Jen]:** Dance learning includes different types of locomotion.Locomotion skills engage students in different ways to travel through space. Most children are able to crawl, walk and run.

To increase locomotion skills, exercises that include gliding, sliding, marching, galloping and skipping need to be practised. David can illustrate these examples.

Skipping requires a rhythm and students need time to practise.

It can help to have students skip in pairs.

It can also help if students have an idea of rhythm.

Da-da, da-da, da-da, da-da.

These exercises require space so students can move freely with direction and distance.