

Growth Mindset with Mastery of Locomotor Skills for Grades K and 1

Review all 7 of the Locomotor skills (walk, run, leap, hop, slide, gallop, and skip)

Make up simple index cards for students to hole punch when they master each of these skills

For the first assessment, have the students perform each locomotor movement. Use a hole punch to mark each movement that they can perform correctly.

Then, select a couple of students that demonstrate mastery of each movement, to be a “helper”/Student teacher at one of each of the stations.

Set up stations for the students to rotate through, for practice. If a student thinks they have mastered the skill, they can “Test Out” on it, and earn a Hole Punch on their card.

This will be an ongoing assessment throughout the school year and can be performed as a class warm up session, at the beginning of class. There will also be designated days to Test Out on these 7 locomotor skills. Punch cards will be kept in separate class boxes for tracking purposes.

Give examples of Famous successful athletes that had to overcome adversity and had to work hard to achieve their goals of playing professionally. Examples could be, but are not limited to Michael Jordan

<http://www.phoenixrealestateguy.com/what-we-can-learn-from-michael-jordan-hard-work-dedication-failure/>

Jose Altuve

https://www.google.com/search?rlz=1CALEAI_enUS798&tbm=isch&q=jose+altuve+size+comparison&chips=q:jose+altuve+size+comparison,online_chips:correa&sa=X&ved=0ahUKEwj36-74lcLbAhXJ2IMKHR8OAYSQ4lYIKigE&biw=1366&bih=629&dpr=1#imgsrc=fTGyturVPycbdM:

Dennis Byrd <https://www.youtube.com/watch?v=gixLSh-Pvvc>

Rudy (from the movie Rudy).

All Stars are not born, they are created, through their hard work and dedication to becoming the best that they can be.

NEVER GIVE UP!!

Things that are difficult and challenging, only make you better and stronger.

The information below can be used to categorize students into their level of understanding/mastery of the locomotor skills.

LEARNING NEW MOTOR SKILLS

Below are the stages of learning for psychomotor skills (similar to the [Generic Levels of Skill Proficiency](#)). How fast one progresses to the motor or autonomous stage depends

on the amount of practice; the experience you have with similar skills; and the required skill related fitness components such as agility, balance, coordination, power, reaction time and speed. [Pathway to Physical Literacy](#) has a great resource with videos on various motor skills and their stages of learning.

Dance Examples

1. Verbal-Cognitive Stage - You have to really think about each step to experience success. You may even be “talking” yourself through things. You may have difficulty staying with the beat of the music. Improvement in this stage is rapid.

2. Motor Stage - You are able to perform the skill without thinking too hard. You can pay some attention to style and strategy. You may not be able to perform the skill perfectly, but you’ve got the basics down. You are able to stay with the beat of the music, but may have to concentrate to do so. Improvement in this stage is fairly slow.

3. Autonomous Stage - You don’t have to think about how to do the skill at all. Your movements are automatic, and you can concentrate fully on style and strategy. Staying on beat is easy. Improvement in this stage is very slow.

