**MOVEMENTS**

Topic 2: Locomotor Movements

**Locomotor Movements**

Locomotor movement refers to the movement of the body from one place to another. It involves the use of various body parts such as the arms, legs, and trunk to move the body forward, backward, sideways, and diagonally.

There are several different types of locomotor movement including:

**Examples of Religious Festival**

1. Walking- This is the most common type of locomotor movement and involves lifting both feet off the ground at the same time.
2. Running- is a faster form of locomotion that involves both feet off the ground at the same time.
3. Jumping- involves pushing off the ground with the feet and using the legs to propel the body through the air.
4. Skipping- combination of steps and hops, where one-foot hops while the other steps forward.
5. Galloping- one-foot steps forward while the other foot jumps up and back.
6. Sliding- involves moving sideways while keeping both feet in contact with the ground.
7. Crawling- involves moving hands and knees, either forwards or backwards.
8. Climbing- involves using the arms and legs to move the body up an object or surface, such as ladder or tree.
9. Hopping- continuous rhythmical locomotor skill, characterized by tacking off on the same foot.
10. Marching- refers to the organized, uniformed, steady walking forward in either rhythmic or route-step time; it refers to overland movements on foot of military troops.
11. Leaping- characterized by a take-off on one foot, a long flight phase and a landing on the opposite foot.
12. Overall, locomotor movement is an essential aspect of human movement and helps us to navigate our environment in a safe and efficient manner.

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Quality Check:

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