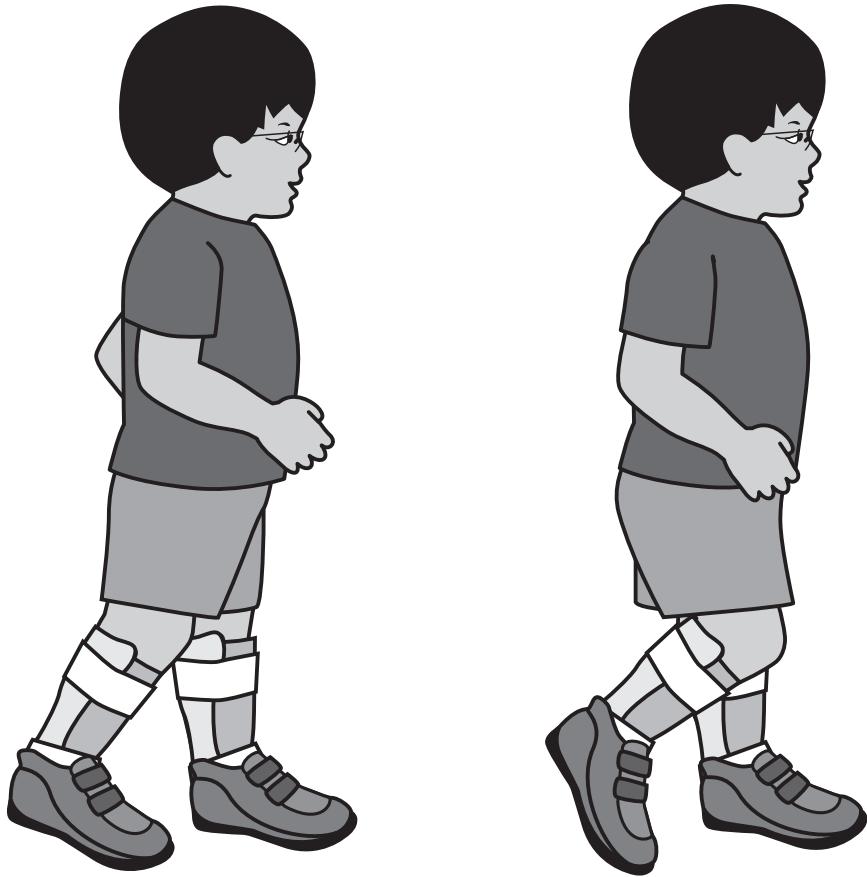
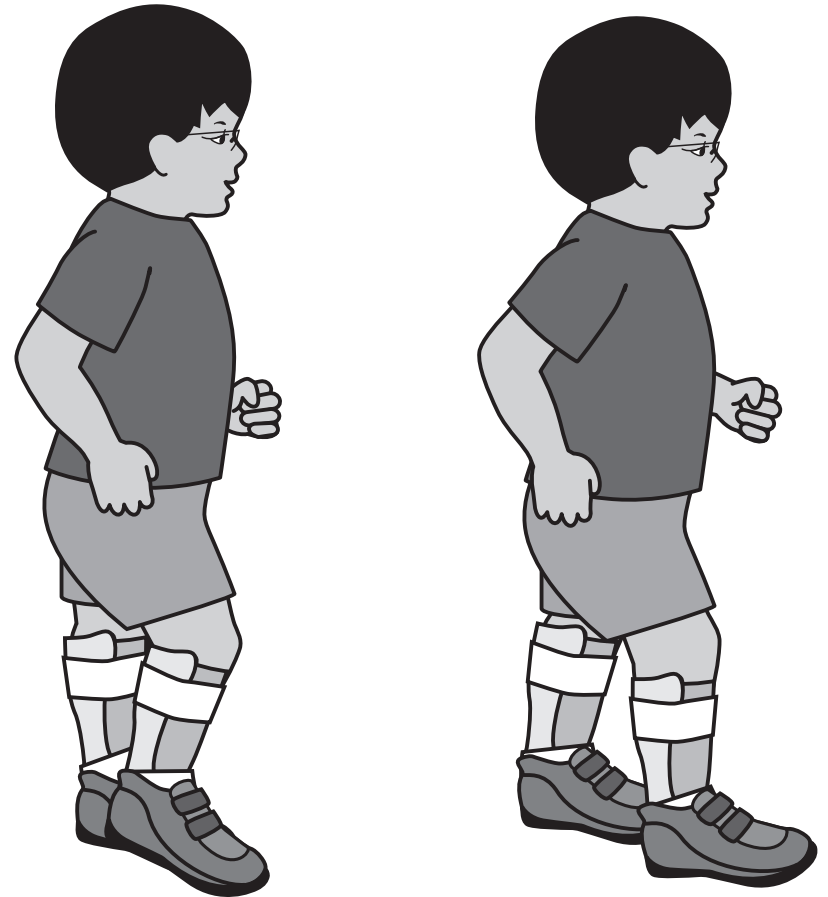


Walk

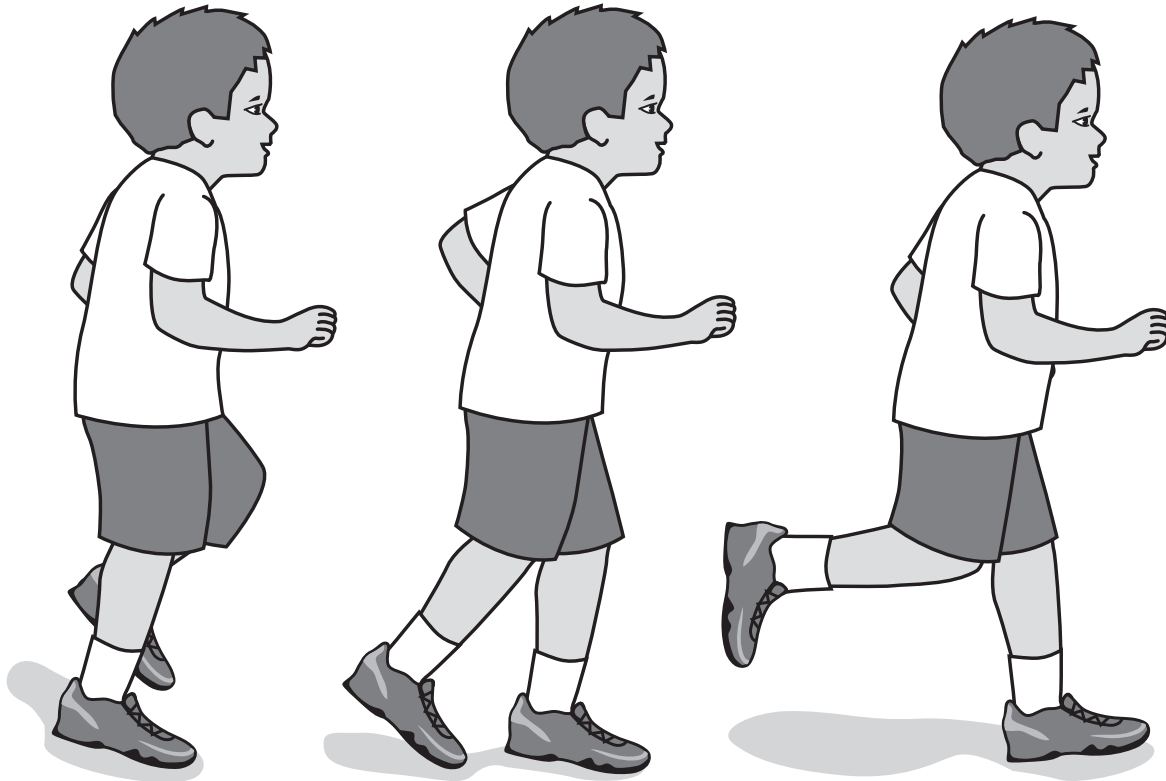


- Body is erect; eyes look ahead.
- Toes point ahead.
- Arms swing in opposition to feet.

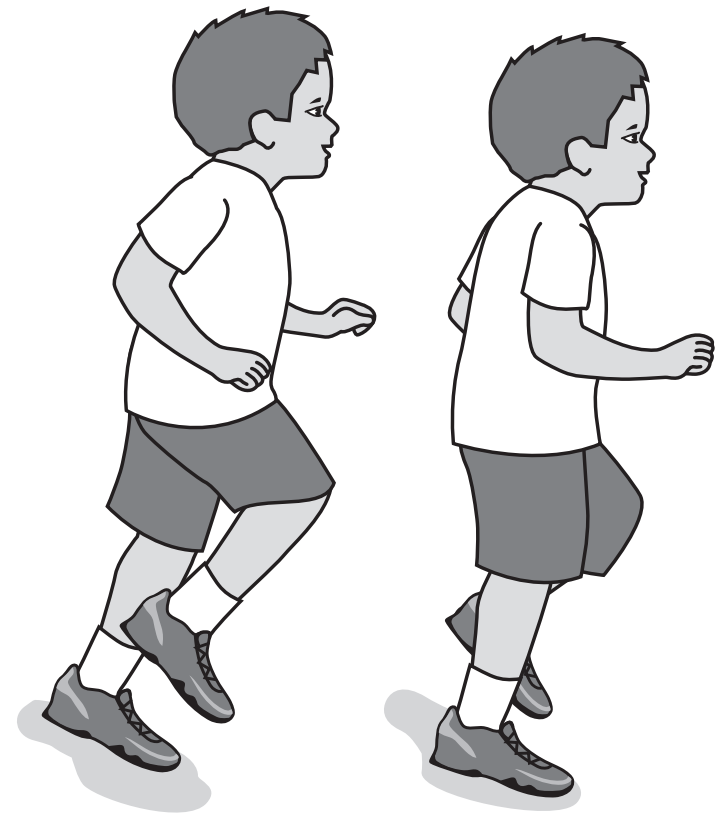
Caminar



Run

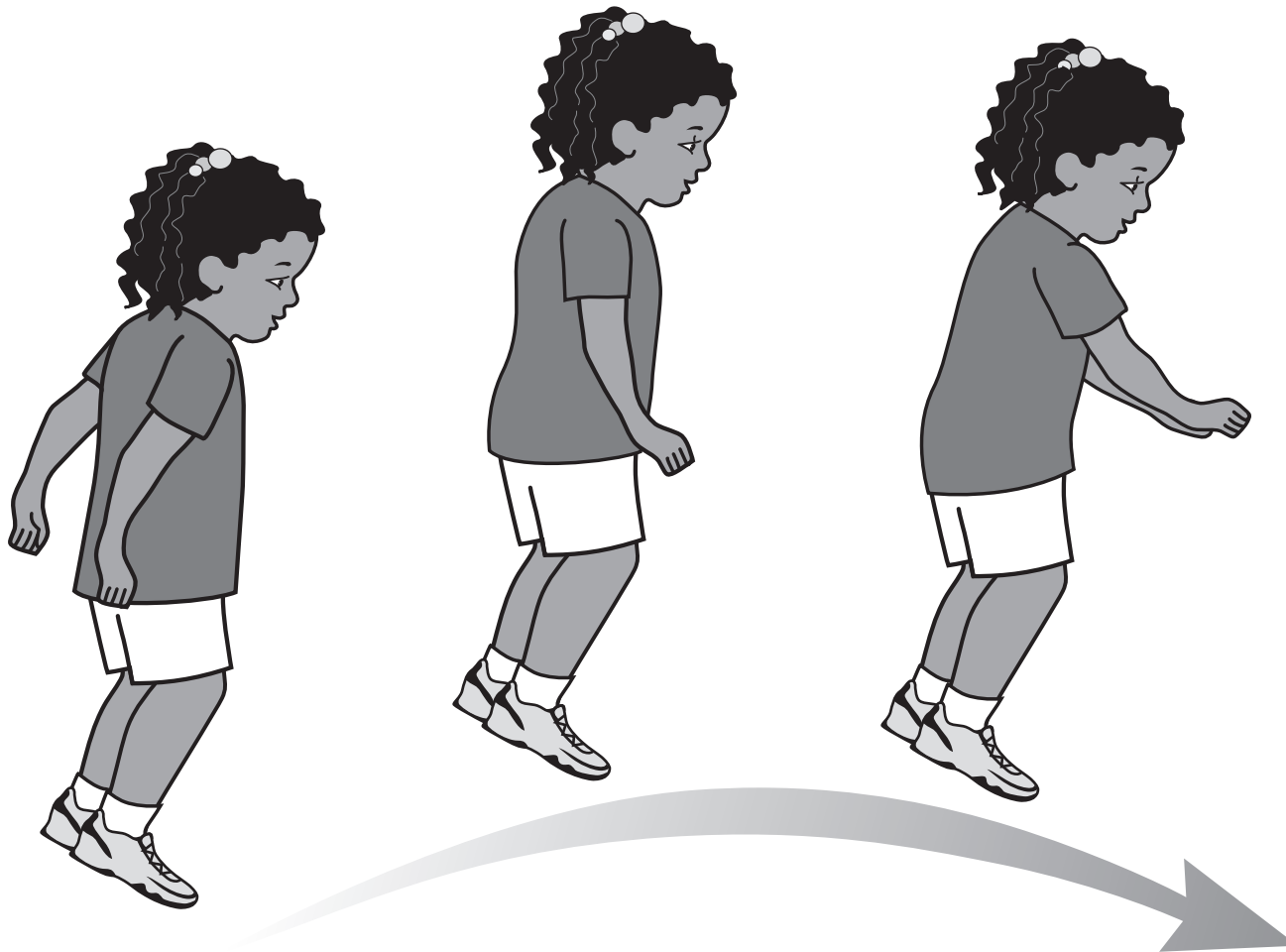


Correr



- Head is up; eyes look in direction of travel.
- Both feet are off the floor momentarily.
- Arms should not swing across the midline of the body.

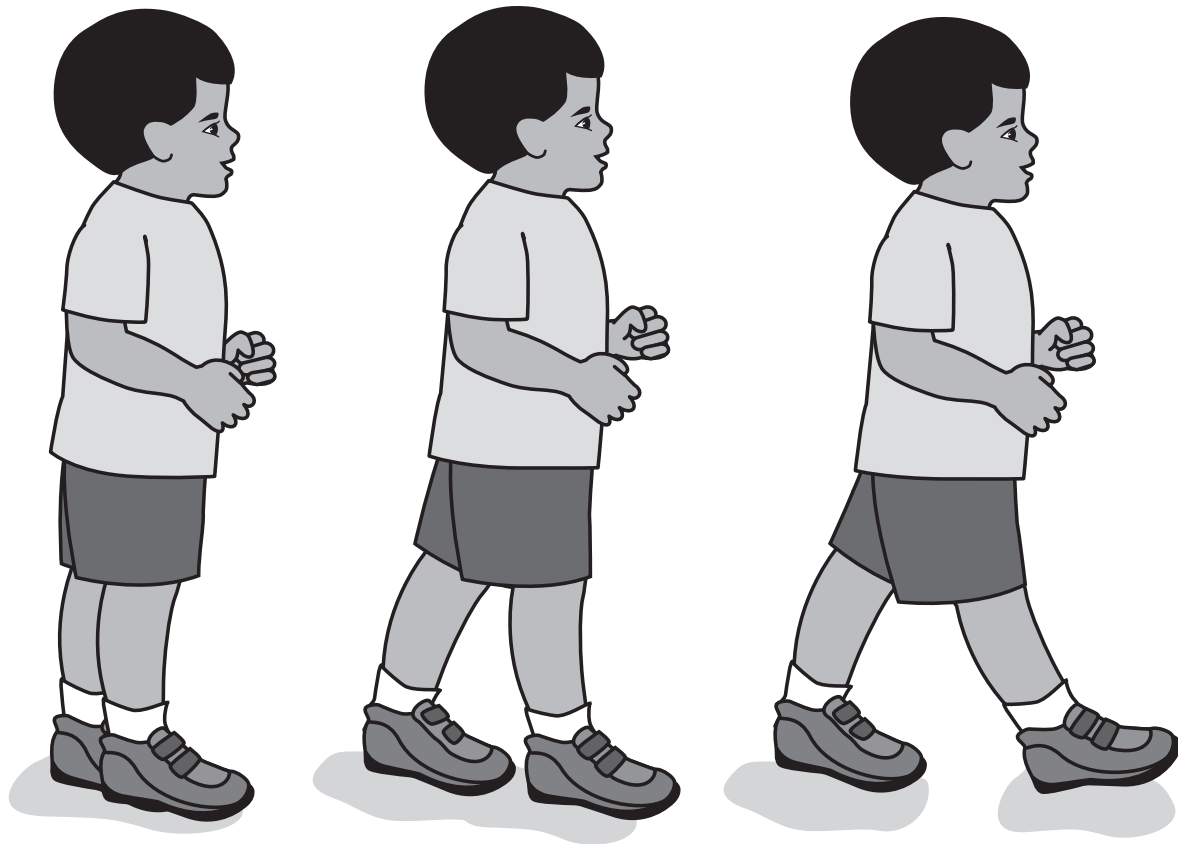
Jump



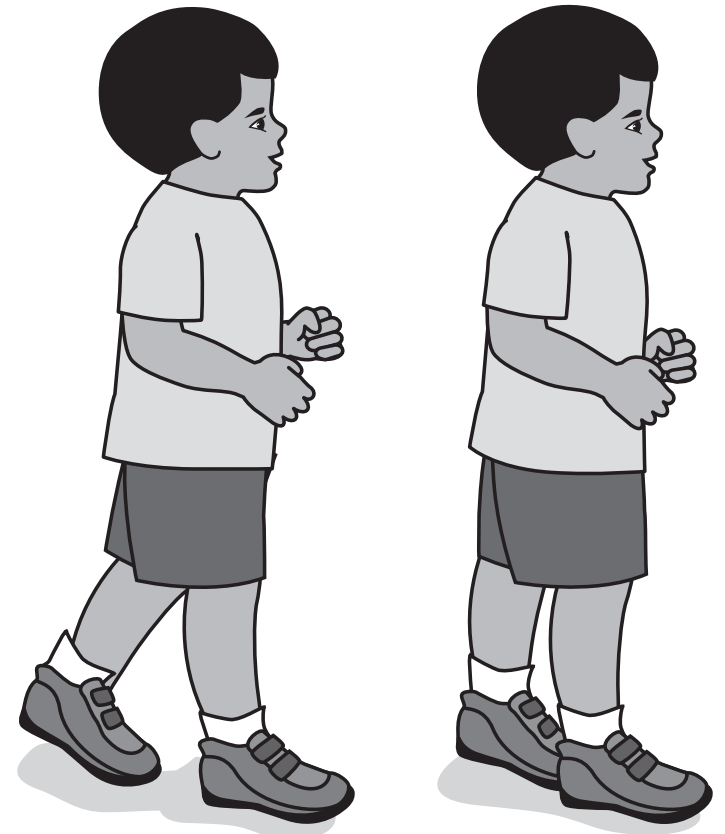
- Two feet take off and two feet landing with bent knees.
- Landing is soft and on the balls of the feet.
- Arms swing for uplift and/or forward movement.
- Jumping may be practiced stationary or traveling.

Saltar

Gallop



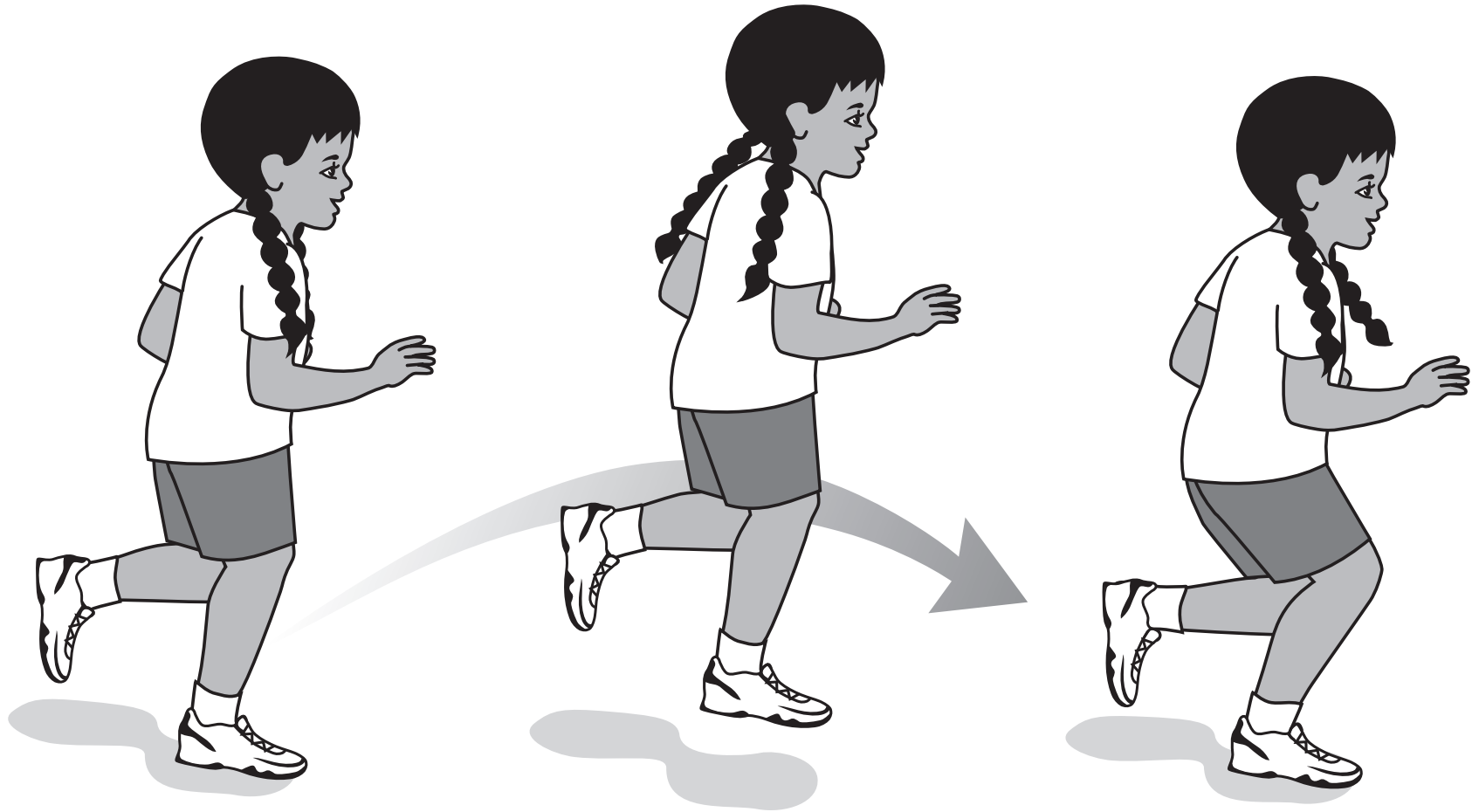
Trotar



- Child is facing forward with arms bent waist high.
- One foot leads; the trailing foot comes up to it. (Step-together-step)
- Same foot always leads. Practice with children changing lead foot.

Hop

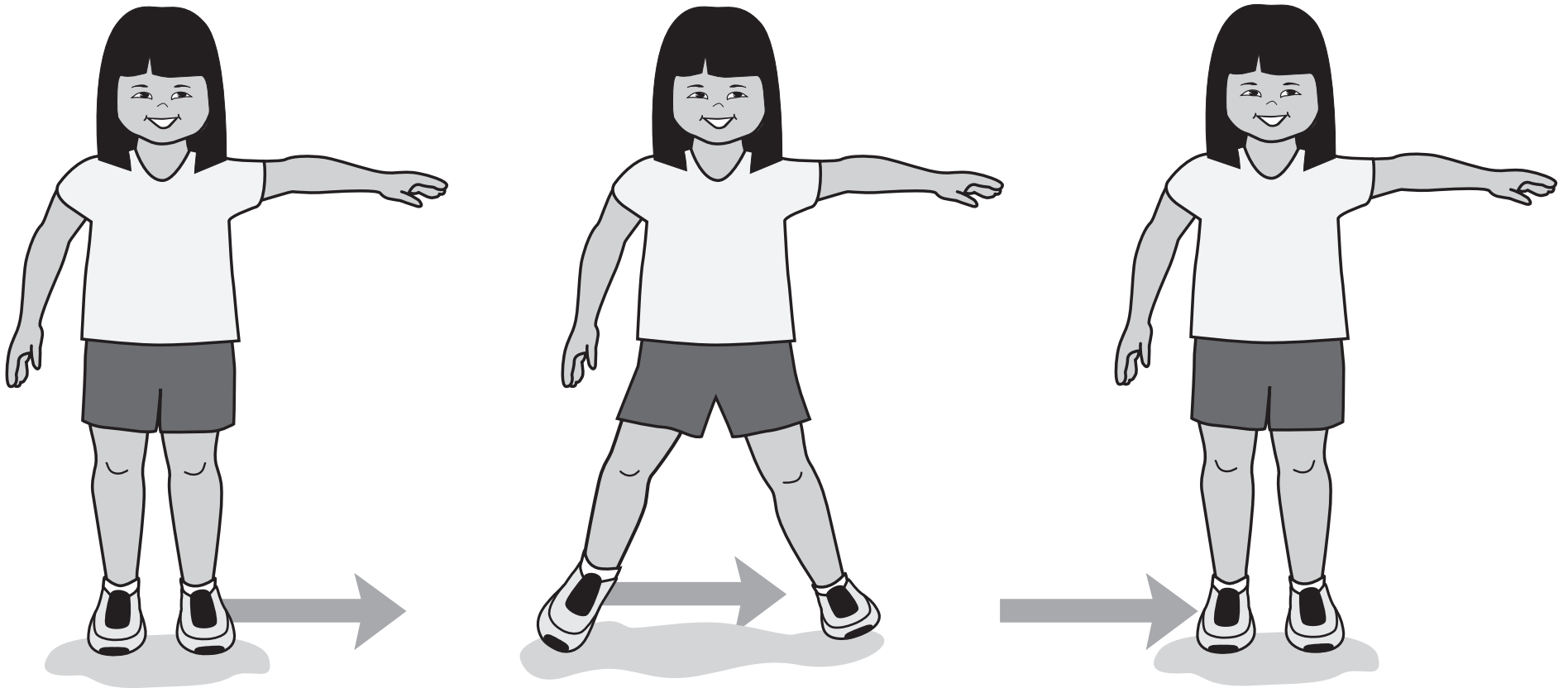
Saltar a la Pata Coja



- Hopping is practiced on one foot at a time.
- Balance is served by body angle, arms, and opposite foot.
- Hopping may be practiced stationary or traveling.

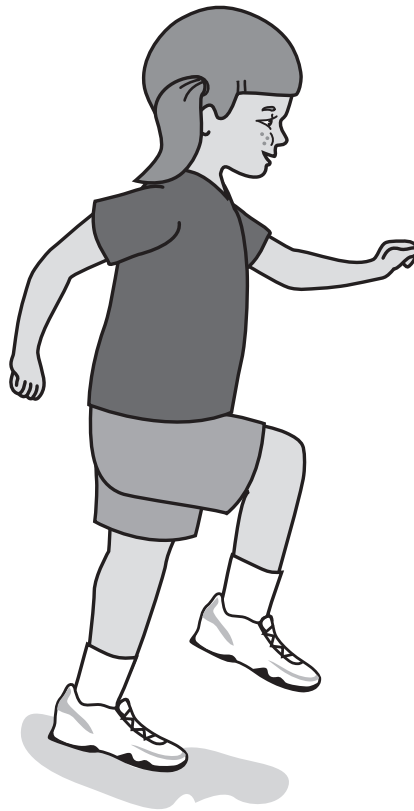
Side-slide

Resbaladero de Lado



- Movement is sideways.
- A sideways step of the lead foot is followed by a slide of the trailing foot.
- Same foot always leads. Practice with children changing lead foot.

Skip



- A step followed by a small hop on the same foot.
- Same action followed on the alternate foot.
- Arms swing to shoulder height in opposition to feet.
- Mature skipping is done on the balls of feet.

Brincar

Leap

Saltar Hacia Delante



- An elongated step used to cover distance or go over obstacles.
- A one foot take off is followed by a landing on the opposite foot.
- A momentary balance occurs on the landing foot.