

DESTINATION MOVEMENT

Checklist for the Evaluation of Locomotor and Stability (Non-Locomotor) Skills in Preschool and Kindergarten:

Ideally, students should **demonstrate the skill consistently**. In the context of achievement levels, this is equivalent to **Level 3: "I Can Consistently Demonstrate the Skill."** This means the student performs the skill reliably, with confidence and independence, in various situations.

Skill Observed	Achieved (Yes/No)	Observations
Walking: basic mobility in different directions (forward, backward, sideways) and at varying paces.		
Running: beginning to achieve a more fluid and coordinated run, with variations in speed.		
Jumping: with two feet together (taking off and landing), hopping on one foot (from 4 years old), and jumping from side to side.		
Skipping (with one foot): alternating jumps with one foot, a more advanced skill (4-5 years old).		
Turning (spinning on one's own axis): the ability to rotate the body, improving spatial awareness and balance.		
Climbing: on low structures or mats, strengthening arm and leg coordination.		
Sliding: lateral movement that improves lower limb coordination.		

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Rolling: rolling the body on the ground (forward, sideways), engaging core control and coordination.		
Balancing: maintaining balance on one leg or on a surface.		
Leaping/Striding: running with one leg forward and the other following, a precursor to galloping or trotting (4-5 years).		
Crawling: movement on all fours, perfecting up to 2 years of age.		
Jumping Rope: introduction to the skill (starting from 5 years old), developing hand-foot/eye-foot coordination.		
Marching: coordinated arm and leg movement in a rhythmic pattern.		
Introduction to Swimming: familiarization with water, breath and air control, basic floating, basic kicking and simple leg movements, and safe entry/exit from the water.		