As they apply their skills Locomotor

Fast Feet

'Fast Feet' skills are required to change direction quickly.

1. Get into 'Ready Position', with weight slightly on balls of feet
2. Keeping knees bent and hips low, transfer weight forwards, backwards and sideways, by stepping, jumping or pivoting
3. Use arms to balance
4. Encourage a low centre of gravity
5. Lean back and decelerate into change of direction
6. Use 'Crossover Step' or 'Pivot' to change direction
7. Lean forwards and accelerate away from the direction of travel accordingly



If you see...

Observation	Likely cause	Solution
Child stumbling	Weak core stability	Encourage strong stance
Off balance	Standing too upright, not bending knees and sinking hips, not shifting weight	Slow it down and really emphasise each point, use key words to help, for example left, right, right, left, in, out, in, out, on, off, etc.
Over running markers	Not decelerating sufficiently in time to coincide with the marker	Slow it down emphasise small steps and lean back to decelerate

Opportunity to develop:

Coordination – Agility –
Motor Skills – Accuracy

Safety!

Ensure...

the area is free from objects

the surface is not slippery

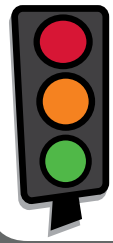
As they apply their skills

Locomotor

Fast Feet

Can you see...?

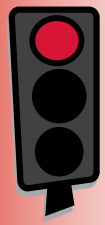
- the child getting into the 'Ready Position'? ☐
- the child moving on the balls of their feet? ☐
- the child keeping their hips low? ☐
- the child stepping across and in front or pivoting? ☐
- the child's head is stable and their eyes are focused in front? ☐



mostly x's

✓ and x

mostly ✓'s



- Walk the pathway use colour markers to help with foot placement
- Use simple pathways to start, straight, curved, zigzag
- Stand behind a partner and copy their actions



- Break each pathway down into small sections, discuss what is the best way to change direction, mark it through slowly, gradually building speed



- Use markers, chalk or ladders to introduce basic foot pattern drills, 2 in 2 out, 2 in 1 out, 2 in 2 out, lateral spotty dogs, 2 in lateral shuffle, crossover 1 in 2 out



- Travel in different directions and at different speeds, using different foot patterns, then in response to a range of cues
- Complete a Figure of 8, W, M, Square perimeter and square centre to corner touch, in the quickest possible time, complete against a partner
- Combine 'Fast Feet' patterns, 'Crossover Step' and 'Pivot' in response to a range of cues, using different directions, pathways and speeds

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