

My Locomotor Routine Chart

Music/song of choice:	
Four locomotor movements:	How long it takes to complete each move:
1.	1.
2.	2.
3.	3.
4.	4.
Two changes in direction:	How long it takes to complete each move:
1.	1.
2.	2.
Two balance moves (optional):	How long it takes to complete each move:
1.	1.
2.	2.