

NON-LOCOMOTOR MOVEMENT

Performance Standard 19A.A

Perform non-locomotor movements accordingly:

- *Knowledge:* Know the terms and concepts of non-locomotor movements (i.e., twisting, bending, swaying, stretching, turning, and swinging).
- *Performance:* Perform each non-locomotor movement.
- *Explanation:*

Procedures

1. ***In order to demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities (19A)***, students should experience sufficient learning opportunities to develop the following:
 - Know the terms and concepts of non-locomotor movements (i.e., twisting, bending, swaying, stretching, turning, and swinging).
 - Demonstrate non-locomotor skills.

Note: Explain and describe the focal points of each non-locomotor movement. Provide students with opportunities to practice each non-locomotor movement. This will take one 25-minute class period.

2. Have students review and discuss the assessment task and how the rubric will be used to evaluate their performance. Each skill could be assessed at the end of a unit of instruction, semester or at the end of the year.
3. Have students do a warm-up. Ask each student to perform each of the following non-locomotor movements individually:
 - Twisting - the rotation of a selected body part around its long axis
 - Bending - moving a joint
 - Swaying - fluidly and gradually shifting the center of gravity from one body part to another
 - Stretching - moving body parts away from the center of gravity
 - Turning - rotating the body along the long axis
 - Swinging - rhythmical, smooth motion of a body part resembling a pendulum
4. Score the performance while the student is performing or score the performance while viewing a videotape of the performances. Place a checkmark in the appropriate box if the non-locomotor movement is performed correctly.
5. Evaluate each student's performance using the Non-Locomotor Movement Rubric as follows:
 - *Knowledge:* Knowledge of the terms and concepts of non-locomotor movements was demonstrated in the performance dimension of the rubric.
 - *Performance:* The six non-locomotor movements were performed completely and correctly.
 - *Explanation:*

Examples of Student Work

- [Meets](#)
- [Exceeds](#)

Time Requirements

- One class period

Resources

- Video camera and videotape
- Gymnasium or open space in which to practice and administer the assessment
- Non-Locomotor Movement Checklist

NON-LOCOMOTOR MOVEMENT

- Exceeds = performs the correct action on 6 non-locomotor movements
- Meets = performs the correct action on 4 - 5 non-locomotor movements
- Approaches = performs the correct action on 3 non-locomotor movements
- Begins = performs the correct action on less than 3 non-locomotor movements

After warm-up activities, students will be asked to perform:

Twisting - the rotation of a selected body part around its long axis

Bending - moving a joint

Swaying - fluidly and gradually shifting the center of gravity from one body part to another

Stretching - moving body parts away from the center of gravity

Turning - rotating the body along the long axis

Swinging - rhythmical, smooth motion of a body part resembling a pendulum

Names	KNOWLEDGE/PERFORMANCE						SCORE
	Twist	Bend	Sway	Stretch	Turn	Swing	
1.							
2.							
3.							
4.							
5.							
6.							
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