

# FUNDAMENTAL MOVEMENT SKILLS

## LOCOMOTOR SKILLS



WALKING



RUNNING



HOPPING



SKIPPING



JUMPING FOR HEIGHT



JUMPING FOR DISTANCE



DODGING

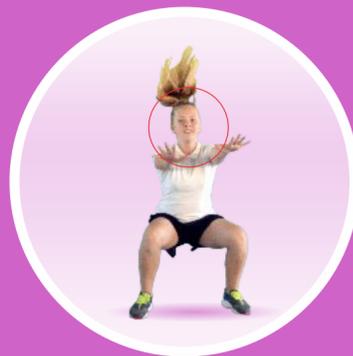


SIDE STEPPING

## STABILITY SKILLS



BALANCING



LANDING

## MANIPULATIVE SKILLS



CATCHING



THROWING



KICKING



STRIKING WITH THE HAND



STRIKING WITH AN IMPLEMENT



Move Well, Move Often:  
Developing the physically literate child through the lens  
of fundamental movement skills

# WALKING

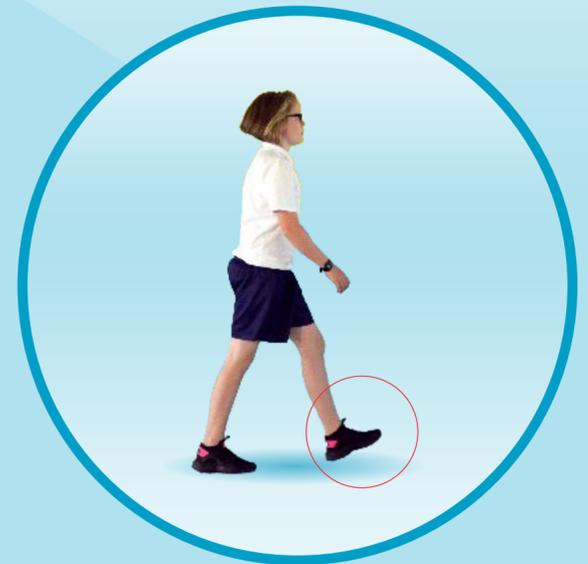
## FUNDAMENTAL MOVEMENT SKILLS



Maintain good posture with body straight, walk tall, head in line with the spine and looking forward



Arms swing in a small natural arc in opposition to the feet



Step with toes facing forward



When planting the foot use a heel-to-toe action



Knees should bend slightly when the foot makes contact with the ground



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# RUNNING



Hold the head up, stable and eyes looking forward



Elbows bent at 90 degrees



Drive arms backwards and forwards vigorously in opposition to the legs. Ensure arms stay close to the body, 90 degree angle remains at the elbow and the drive comes from the shoulders



High knee lift with the thigh almost parallel to the ground



The kick back should be close to the buttocks (at least 90 degrees)



Lean slightly forward when accelerating and slightly backwards when slowing down



Push off from the ball of the foot and land on the heel of the foot initially, however, when the run speed increases contact will be made predominantly with the ball of the foot only

## FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# HOPPING



Take off and land on the same foot, pushing off from the ball of the foot



The non-hopping leg swings in rhythm with the hopping leg



Arms bent at the elbow, swing back together then vigorously forward and upwards to assist the leg action in providing force



Bend the hopping leg slightly on landing and straighten on take off



Head and trunk should be stable with the eyes focused forward



Practise on both right and left legs to become proficient on both

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# SKIPPING



Step forward and hop on the same foot with a high knee drive



Land on the ball of the foot



Repeat with the other foot and then build rhythm



Head and trunk should be stable at all times with the eyes focused forward



Knee of the support leg should bend to prepare for a hop



Arms should be relaxed and swing in opposition to the legs to help maintain balance

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# JUMPING FOR HEIGHT



Eyes focused forward or upwards, head up and back straight throughout the jump



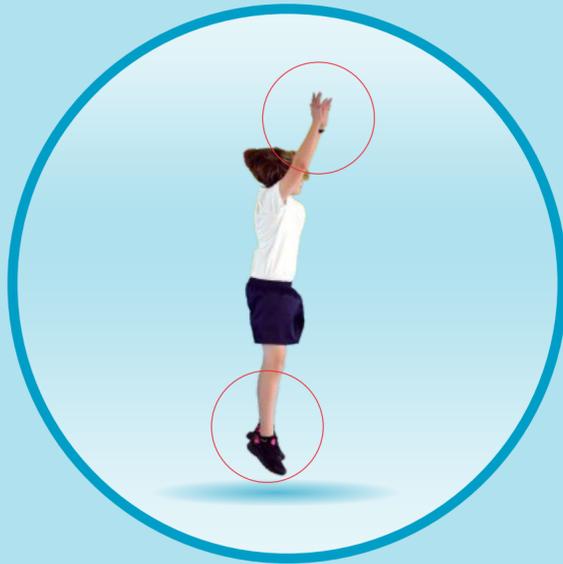
Crouch with knees bent and arms behind the body



Legs forcefully extend and straighten in the air



Arms swing forwards and upwards in time with the legs



Arms and legs extend as far as possible in the flight phase



Ankles, knees and hips bend on landing to absorb the shock



Land on both feet with no more than one step in any direction to control the landing

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# JUMPING FOR DISTANCE



Get into the 'ready' position by bending the knees, hips and ankles



Head up and eye focused forwards



Explode forward from the ready position



Swing the arms back behind the body then quickly forwards and upwards



Push off from both feet together, with the toes the last part of the body to leave the ground



land on both feet at the same time bending the hips, knees and ankles to absorb the impact



legs straighten during the flight phase

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# DODGING



Head up and eyes focused forward



Low body position



Lower the body during the change of direction



To add a deceptive element to the dodge, step/lean one way and push off in the other direction



To change direction plant foot, bend knee and push off from the outside of the foot



Practise on both sides

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# SIDE STEPPING



Stand side on with hip and shoulder pointing in the direction of travel



Knees slightly bent with weight on the balls of the feet



Head stable and eyes focused forward or in the direction travelled



Lead foot steps in the direction travelled



Free foot follows quickly behind



There should be a brief period where both feet are off the ground



Arms out to the sides for balance



Movement should be rhythmical

FUNDAMENTAL MOVEMENT SKILLS



Move Well, Move Often:  
Developing the physically literate child through the lens of fundamental movement skills

# BALANCING



Support leg still, with foot flat on the ground



Non-support leg bent and not touching the support leg



Trunk stable and upright



Head stable with eyes focused forward on a target



Arms as still as possible with no excessive movement - either at the side or extended to aid the balance

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# LANDING



Head up, stable and looking straight ahead



Arms should be stretched out in front to maintain balance



Land with the feet wide apart but still in a stable position



Bend the knees



Stomach should be pulled in and bum tucked under the body



Land on the feet in the order toes-ball-heel

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# CATCHING



Eyes focused on the object throughout the catch



Move feet to place the body directly in the path of object and secure a wide base of support



Fingers and hands are relaxed and slightly cupped to receive the object



Hands reach out to meet the object



Catch and control the object with the hands only



Elbows bend at least 90 degrees to absorb the impact

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# THROWING



Hold the object in one hand



Eyes focused on a target throughout the throw



Stand side on with non-throwing shoulder towards a target



Bring the throwing arm back behind the body, swinging it down and backwards in preparation to throw



Step toward a target with the foot of non-throwing side (transferring weight from the back foot to the front foot)



Hips then shoulders rotate forwards



Throwing arm moves forward, releases the object, then follows through in the direction of a target and down across the body



It is good practise to raise the non-throwing arm and point it in the direction of a target in the preparation phase, then lower it when throwing

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# KICKING



Approach the ball from behind and slightly to the side



Place the non-kicking foot to the side of the ball



Swing the kicking leg back to make an angle of at least 90 degrees



Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot



Swing the arm opposite the kicking leg forward and sideways



Follow through in the direction of the target



Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# STRIKING WITH THE HAND



Keep eyes on (and in time over) the ball



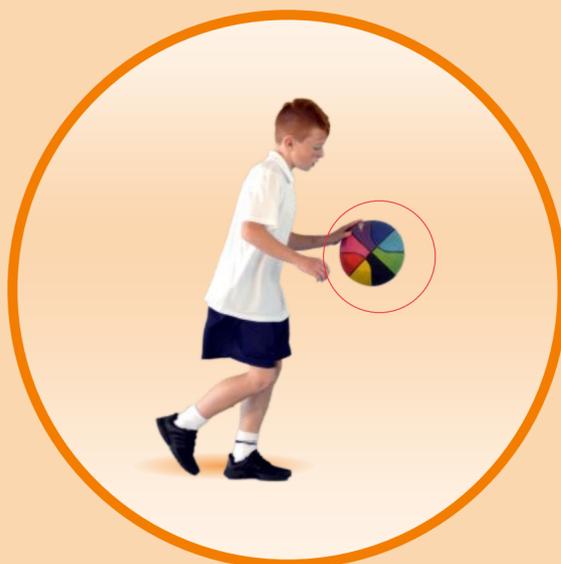
Knees bent and feet a comfortable distance apart



Lean slightly forward at the waist



Fingers are spread open but relaxed



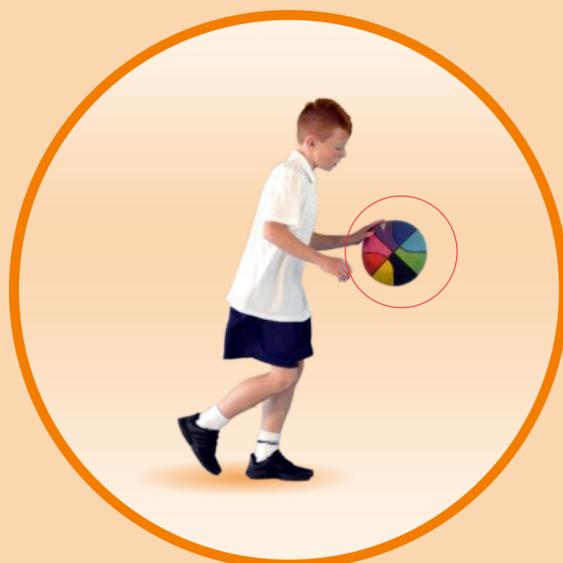
Push the ball downwards with the fingers while also controlling the movement with the wrist



Follow through when bouncing and pull the hand back as the ball rebounds in a cushioning action (no slapping action)



Keep the ball below waist height



When on the move (dribbling), bounce the ball slightly forward in front of the body

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills

# STRIKING WITH AN IMPLEMENT



Stand side on to the target



Eyes should be focused on the ball throughout the striking action



Hands should be together at the base of the implement with the hand at the end matching the front foot



Feet shoulder width apart, knees slightly bent with weight on the back foot in the preparation phase



Step forward with the front foot, rotating hips and shoulder during the striking action



Follow through the ball and around the body



Arms should be extended fully at the point of contact with the ball

FUNDAMENTAL MOVEMENT SKILLS



**Move Well, Move Often:**  
Developing the physically literate child through the lens of fundamental movement skills