

Jumping

Swing your arms back and bend your knees.



Reach for the stars.



Bend knees to land.

Fundamental Movement Skills in Action

FMS in the early years

Running

Eyes looking straight ahead.



Swing your arms.



Knees up.



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FMS in the early years

Hopping

Stand on one leg and bend the opposite leg.

Bend arms at elbows.



Spring off your foot.



Use arm swing and leg swing to help you hop.



Fundamental Movement Skills in Action
FMS in the early years

Galloping

Step forward with one foot.



Second foot pushes the front foot in the air.

Toe to heel.



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FMS in the early years

Leaping

Leap forward with one foot.



Land on opposite foot.

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Side-sliding

Take a side step.



Draw a line (drag/slide) with the other foot to meet.



Slide together, slide together.



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Skipping

Step forward.



Step forward on opposite foot.



Hop.



Hop.

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Catching

Hands
out in
front.



Keep your
eyes on the
ball.



Catch with
both hands
and bring ball
to chest.

Fundamental Movement Skills in Action

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Underarm throwing

Hold the ball in one hand.



Bend your knees.



Step forward.

Swing behind and through.

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Overarm throwing

Point to your target.



Swing arm back, step and throw.



The throwing hand follows through across body towards hip.

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Kicking

Step next to the ball.



Eyes on the ball.



Use your laces not your toe.

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Stationary dribbling

Eyes on
the ball.



Use soft
fingers
not palm.

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Striking a stationary ball

Stand side-on.



Hold the bat with both hands.

Swing backwards and through.

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