

# 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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# 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.



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# Galloping

Step forward with one foot.



Second foot pushes the front foot in the air.



Toe to heel.

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# 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.

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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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