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.

Fundamental Movement Skills in Action
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.
Galloping

Step forward with one foot.

Second foot pushes the front foot in the air.

Toe to heel.
Leaping

Leap forward with one foot.

Land on opposite foot.
Side-sliding

Take a side step.

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

Slide together, slide together.
Skipping

Step Forward.

Step forward on opposite foot.

Hop.

Hop.
Catching

Hands out in front.

Keep your eyes on the ball.

Catch with both hands and bring ball to chest.
Underarm throwing

1. Hold the ball in one hand.
2. Step forward.
3. Bend your knees.
4. Swing behind and through.
Overarm throwing

Swing arm back, step and throw.

Point to your target.

The throwing hand follows through across body towards hip.
Kicking

Step next to the ball.

Eyes on the ball.

Use your laces not your toe.
Stationary dribbling

- Eyes on the ball.
- Use soft fingers not palm.

Fundamental Movement Skills in Action

FMS in the early years
Striking a stationary ball

Stand side-on.

Hold the bat with both hands.

Swing backwards and through.