

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.



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.



Fundamental Movement Skills in Action
FMS in the early years

Leaping

Leap forward with one foot.



Land on opposite foot.

Fundamental Movement Skills in Action
FMS in the early years

Side-sliding

Take a side step.



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



Slide together, slide together.



Fundamental Movement Skills in Action
FMS in the early years

Skipping

Step forward.



Step forward on opposite foot.



Hop.



Hop.

Fundamental Movement Skills in Action
FMS in the early years

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
FMS in the early years

Underarm throwing

Hold the ball in one hand.



Bend your knees.



Step forward.

Swing behind and through.

Fundamental Movement Skills in Action
FMS in the early years

Overarm throwing

Point to your target.



Swing arm back, step and throw.



The throwing hand follows through across body towards hip.

Fundamental Movement Skills in Action
FMS in the early years

Kicking

Step next to the ball.



Eyes on the ball.



Use your laces not your toe.

Fundamental Movement Skills in Action

FMS in the early years

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.

Fundamental Movement Skills in Action
FMS in the early years