Jumping

Swing your arms back and bend your knees.



Reach For fhe sfars.



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Running









Hopping

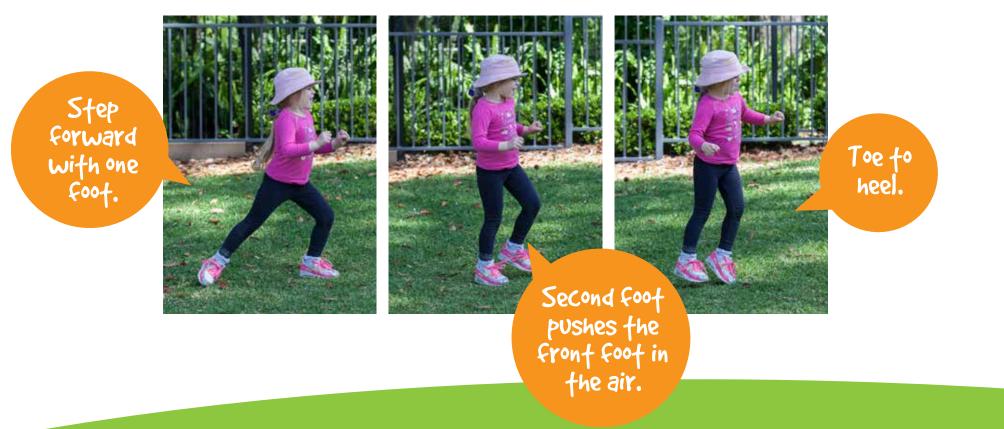








Galloping









Leaping



Land on opposife foof.

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Side-sliding

























Underarm throwing

<text><text>

Step forward.

Swing behind and fhrough.









The fhrowing hand Follows fhrough across body fowards hip.















Stationary dribbling



Use soff fingers nof pal**m**.







Striking a Stationary ball

hands.

Stand side-on.













