

Fundamental Movement Skills



Observation Booklet

Student name:

Year: Class:



Locomotor

Skills where the body is moving from one place to another:

- Hop
- Run
- Leap
- Dodge
- Side gallop
- Skip
- Vertical jump



Object control skills

Skills requiring coordination between the body and an object:

- Catch
- Kick
- Overarm throw
- Two-hand strike



Non-locomotor

Skills that involve controlling and manipulating the body while staying in place:

- Static balance

Department of Education

NSW Health

Central Coast Local Health District

Vertical jump



Date	Overall check Does it look right?	Skill components					
		Eyes focused forward or upward throughout the jump	Crouches with knees bent and arms behind the body	Forceful forward and upward swing of the arms	Legs straighten in the air	Lands on balls of the feet and bends knees to absorb landing	Controlled landing with no more than one step in any direction
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Static balance



Date	Overall check Does it look right?	Skill components				
		Support leg still, foot flat on the ground	Non-support leg bent, not touching the support leg	Head stable, eyes focused forward	Trunk stable and up right	No excessive arm movements
	YES / NO					
	YES / NO					
	YES / NO					
	YES / NO					

Comments

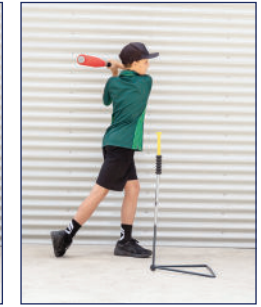
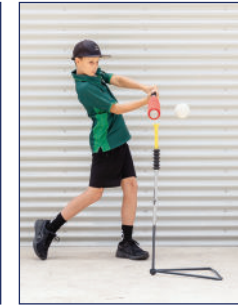
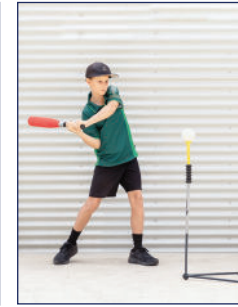
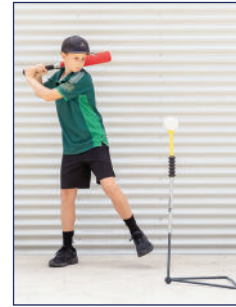
Catch



Date	Overall check Does it look right?	Skill components					
		Eyes focused on the object	Feet move to place the body in line with the object	Hands move to meet the object	Hands and fingers relaxed and slightly cupped to catch the object	Catches and controls the object with hands only (well-timed closure)	Elbows bend to absorb the force of the object
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Two-handed strike



Date	Overall check Does it look right?	Skill components						
		Stands side on to target	Eyes focused on the ball through the strike	Hands next to each other, bottom hands matches the front foot	Steps toward target area with front foot	Hips and shoulders rotate forward	Ball contact made on front foot with straight arms	Follows through with bat around body
	YES / NO							
	YES / NO							
	YES / NO							
	YES / NO							
	YES / NO							

Comments

Sprint run



Date	Overall check Does it look right?	Skill components					
		Head and upper body stable, eyes focused forward	Knee lift (thigh almost parallel to the ground)	Elbows bent at 90 degrees	Arms drive forward and back in opposition to the legs	Lands on ball of foot	Non-support knee bends at least 90 degrees during recovery phase
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Dodge



Date	Overall check Does it look right?	Skill components				
		Changes direction by bending knee and pushing off the outside foot	Change of direction occurs in one step	Body lowered during change of direction of travel	Eyes focused forward	Dodge repeated equally well on both side
	YES / NO					
	YES / NO					
	YES / NO					
	YES / NO					

Comments

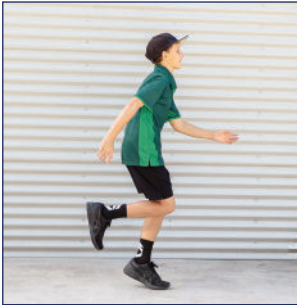
Hop



Date	Overall check Does it look right?	Skill components					
		Support leg bends on landing, then straightens to push off	Lands and pushes off on the ball of foot	Non-support leg bent and swings in rhythm with the support leg	Head stable, eyes focused forward throughout the jump	Arms bent and swing forward as support leg pushes off	Can hop on both left and right legs
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Skip



Date	Overall check Does it look right?	Skill components				
		Shows a rhythmical step-hop	Lands on the ball of the foot	Knee of support leg bends to prepare to hop	Head and upper body stable, eyes focused forward	Arms relaxed and swing in opposition to legs
	YES / NO					
	YES / NO					
	YES / NO					
	YES / NO					

Comments

Side gallop



Date	Overall check Does it look right?	Skill components				
		Smooth rhymical movement	Brief period where both feet are off the ground	Weight on the balls of the feet	Hips and shoulders point to the front	Head stable, eyes focused forward or in the direction of travel
	YES / NO					
	YES / NO					
	YES / NO					
	YES / NO					

Comments

Kick



Date	Overall check Does it look right?	Skill components					
		Eyes focused on the ball throughout the kick	Forward and sideward swing arm opposite leg	Non-kicking foot placed beside the ball	Bend the knee of kicking leg at least 90 degrees during back swing	Contacts ball with top of foot or instep (shoelace kick)	Kicking leg follows through high
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Leap



Date	Overall check Does it look right?	Skill components					
		Eyes focused forward throughout the leap	Knee of take-off leg bends	Legs straighten during flight	Arm held in opposition to the legs	Upper body leans slightly forward	Lands on ball of the foot and bends knee to absorb landing
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments

Overarm throw



Date	Overall check Does it look right?	Skill components					
		Eyes focused on target area throughout the throw	Stand side-on to target area	Throwing arm moves in a downward and backward arc	Steps towards target area with foot opposite throwing arm	Hips and shoulders rotate forward	Throwing arm follows through, down and across the body
	YES / NO						
	YES / NO						
	YES / NO						
	YES / NO						

Comments