

Move Well Move Often

External Cues

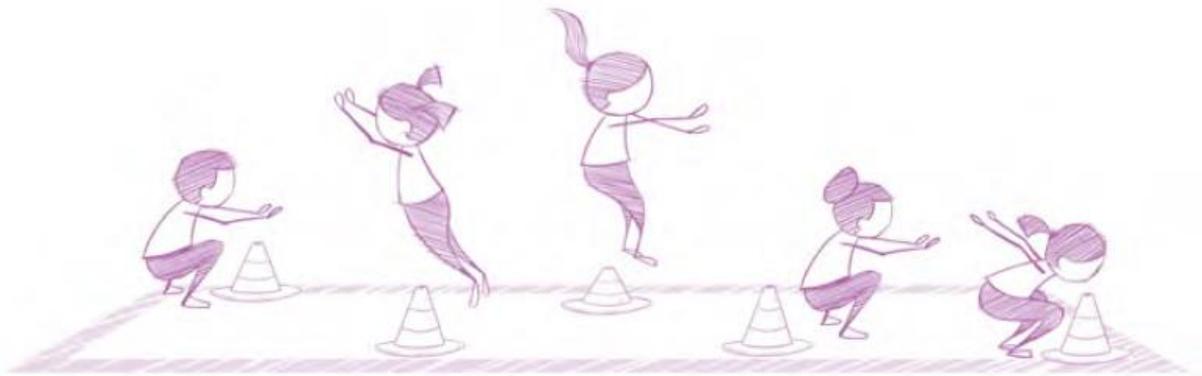
to support the teaching of
Fundamental Movement Skills

What are external cues?

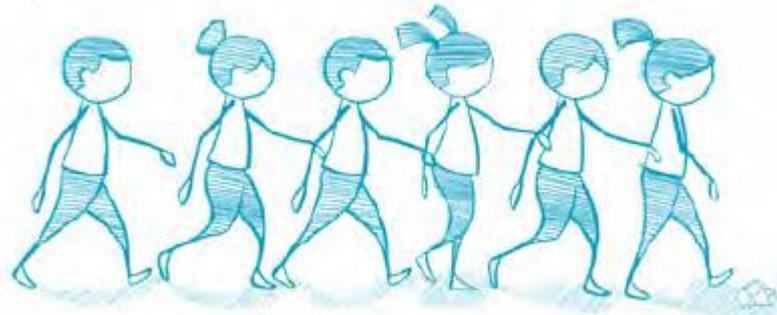
Cues are snippets of information, or task-orientated information, used to support children in learning how to perform a task or skill. Effective teaching largely depends on the teacher's ability to communicate with the child using simple and effective verbal cues, such as the teaching points in the Move Well, Move Often resource. When developing, mastering or learning a new skill, the child's focus of attention plays an important role in the acquisition of that skill.

The teaching points outlined for each skill in the Move Well, Move Often resource direct the child to focus their attention on the body movements associated with the skill and are also called *internal cues*.

External cues direct the child to focus their attention on the movement effect or the outcome associated with the skill and can be used in tandem with the teaching points to support children's mastery of the skills. External cues integrate seamlessly with how the child naturally relates to the world, with attention toward the effects of one's actions rather than body movements.



EXTERNAL CUES: WALKING



Teaching Point:	External Cue:
1. Maintain good posture by keeping the body straight and walking tall.	<ul style="list-style-type: none"> • Show off the crest on your jumper
2. The head should be in line with the spine and eyes looking forward.	<ul style="list-style-type: none"> • Look at the window on the school wall
3. The arms swing in a small natural arc in opposition to the feet.	<ul style="list-style-type: none"> • Imagine air is blowing your arms lightly
4. Toes are always facing forward during each step.	<ul style="list-style-type: none"> • Imagine a laser is pointing out of your toes and lighting the way
5. When planning the foot, use a heel-to-toe action.	<ul style="list-style-type: none"> • Imagine painting the ground with your heel first, then your toe.
6. The heel touches the ground first and then the toes.	<ul style="list-style-type: none"> • Paint your heel red, toe yellow. Walk red, yellow, red, yellow
7. The knees should bend slightly when the foot makes contact with the ground.	<ul style="list-style-type: none"> • Walk on the spongy floor

EXTERNAL CUES: RUNNING



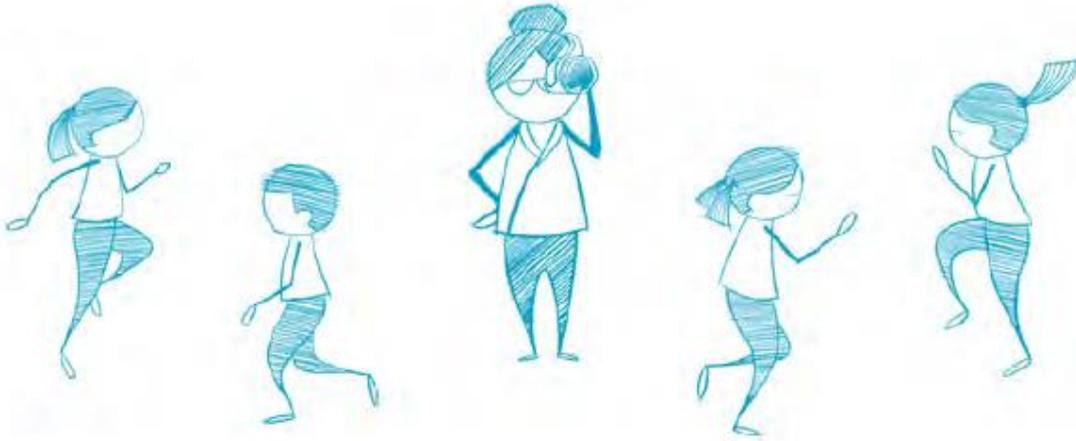
Teaching Point:	External Cue:
1. Hold the head up, stable and eyes looking forward.	<ul style="list-style-type: none"> • Show off your school crest
2. Elbows bent at 90 degrees.	<ul style="list-style-type: none"> • Make the letter L with your arms
3. Drive arms backwards and forwards vigorously in opposition to the legs. Ensure arms stay close to the body, 90 degree angle remains at the elbow and the drive comes from the shoulders.	<ul style="list-style-type: none"> • Thumb goes from hip to lip
4. High knee lift with the thigh almost parallel to the ground.	<ul style="list-style-type: none"> • Imagine you are running in water
5. The kick back should be close to the buttocks (at least 90 degrees).	<ul style="list-style-type: none"> • Almost heel to bum
6. Push off the ball of the foot and land on the heel of the foot initially, however, when the run speed increases contact will be made predominantly with the ball of the foot only.	<ul style="list-style-type: none"> • Imagine that there is paint on your heels. Keep the floor clean
7. Lean slightly forward when accelerating and slightly backwards when slowing down	<ul style="list-style-type: none"> • Take off like an aeroplane

EXTERNAL CUES: HOPPING



Teaching Point:	External Cue:
1. Take off and land on the same foot, pushing off from the ball of the foot.	<ul style="list-style-type: none"> • Imagine the ball of your foot is a 'bouncy ball'
2. The support leg swings in rhythm with hopping leg.	<ul style="list-style-type: none"> • Break the glass with your knee
3. Bend the hopping leg slightly on landing and straighten on take-off.	<ul style="list-style-type: none"> • Hop like a kangaroo softly and quietly
4. Arms bent at the elbow, swing back then vigorously forward and upwards to assist the leg action in providing force.	<ul style="list-style-type: none"> • Lift the buckets
5. Head and trunk should be stable with the eyes focused forward.	<ul style="list-style-type: none"> • Be a strong oak tree, don't let the wind blow you to the side
6. Practise on both right and left legs to become proficient on both	

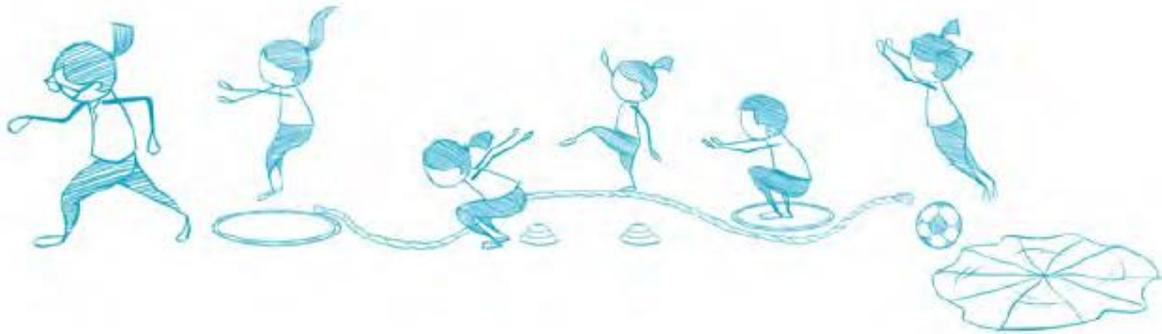
EXTERNAL CUES: SKIPPING



Teaching Point:	External Cue:
1. Step forward and hop on the same foot with a high knee drive.	<ul style="list-style-type: none"> • Horse trotting in water
2. Land on the ball of the foot.	<ul style="list-style-type: none"> • Land on the bouncy ball
3. Knee of the support leg should bend to prepare for a hop.	<ul style="list-style-type: none"> • Spring from the spongy floor
4. Repeat with the other foot and then build rhythm.	<ul style="list-style-type: none"> • Skip to the beat of the drum
5. Head and trunk should be stable at all times with the eyes focused forward.	<ul style="list-style-type: none"> • Show off crest on jumper
6. Arms should be relaxed and swing in opposition to the legs to help maintain balance.	<ul style="list-style-type: none"> • Swing arms gently as if air is blowing through the hands.

EXTERNAL CUES:

JUMPING FOR HEIGHT



Teaching Point:	External Cue:
1. Eyes focused forward or upwards, head up and back straight throughout the jump.	<ul style="list-style-type: none"> • Look at the bird's nest in the tree
2. Crouch with knees bent and arms behind the body.	<ul style="list-style-type: none"> • Ready to pounce like a tiger
3. Legs forcefully extend and straighten in the air.	<ul style="list-style-type: none"> • Back and legs as straight as a ruler
4. Arms swing forwards and upwards in time with the legs.	<ul style="list-style-type: none"> • Throw the 'stones' in the air
5. Arms and legs extend as far as possible in the flight phase.	<ul style="list-style-type: none"> • Imagine you are reaching to the ceiling
6. Ankles, knees and hips bend on landing to absorb the shock.	<ul style="list-style-type: none"> • Land and sit back onto a stool
7. Land on both feet with no more than one step in any direction to control the landing.	<ul style="list-style-type: none"> • Don't let the wind blow you over

EXTERNAL CUES:

JUMPING FOR DISTANCE



Teaching Point:	External Cue:
1. Get into the 'ready' position by bending the knees, hips and ankles.	<ul style="list-style-type: none"> • Get into 'frog' position ready to jump
2. Head up and eye focused forwards.	<ul style="list-style-type: none"> • Look at the school wall
3. Explode forward from the ready position.	<ul style="list-style-type: none"> • Push the ground away
4. Swing the arms back behind the body then quickly forwards and upwards.	<ul style="list-style-type: none"> • Shoot your spider web into the sky
5. Push off from both feet together, with the toes the last part of the body to leave the ground.	<ul style="list-style-type: none"> • Push the ground away with the balls of your feet
6. Legs straighten during the flight phase.	<ul style="list-style-type: none"> • Legs straighten for only a flash
7. Land on both feet at the same time bending the hips, knees and ankles to absorb the impact.	<ul style="list-style-type: none"> • Sit back on to a stool as you land

EXTERNAL CUES: DODGING



Teaching Point:	External Cue:
1. Head up and eyes focused forward.	<ul style="list-style-type: none"> • Look over your neighbours green hedge • Look at the window on the school wall
2. Low body position.	<ul style="list-style-type: none"> • Dip low & head up, show off school crest
3. To change direction plant foot, bend knee and push off from the outside of the foot.	<ul style="list-style-type: none"> • Push the big, red button
4. Lower the body during the change of direction.	<ul style="list-style-type: none"> • Dip low & head up, show off school crest
5. To add a deceptive element to the dodge, step/lean one way and push off in the other direction.	<ul style="list-style-type: none"> • Move shoulders like a window wiper
6. Practise on both sides.	

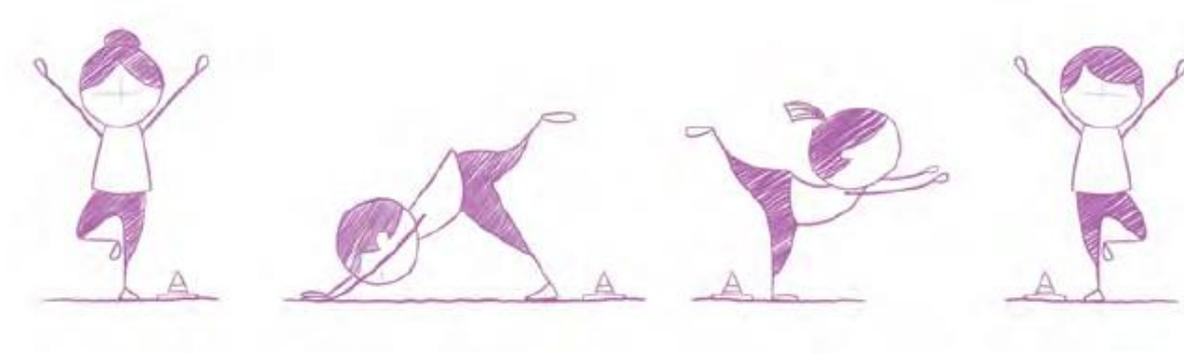
EXTERNAL CUES:

SIDE-STEPPING



Teaching Point:	External Cue:
1. Stand side on with hip and shoulder pointing in the direction of travel.	<ul style="list-style-type: none"> • Point where you are going and follow your shoulder
2. Knees slightly bent with weight on the balls of the feet.	<ul style="list-style-type: none"> • The ball of your foot is a bouncy ball
3. Head stable and eyes focused forward or in the direction travelled.	<ul style="list-style-type: none"> • Look out your neighbours hedge
4. Lead foot steps in the direction travelled.	<ul style="list-style-type: none"> • Lead foot leads the way
5. Free foot follows quickly behind.	<ul style="list-style-type: none"> • Free foot follows behind
6. There should be a brief period where both feet are off the ground.	<ul style="list-style-type: none"> • Skim over the water
7. Arms out to the sides for balance.	<ul style="list-style-type: none"> • Arms out like a scarecrow
8. Movement should be rhythmical	<ul style="list-style-type: none"> • Side-step to the beat of a drum

EXTERNAL CUES: BALANCING



Teaching Point:	External Cue:
1. Standing leg still, with foot flat on the ground.	<ul style="list-style-type: none"> • Standing leg like a tree
2. Trunk stable and upright.	<ul style="list-style-type: none"> • Be a strong oak tree, don't let the wind blow you over
3. Non-standing leg bent and not touching the support leg.	<ul style="list-style-type: none"> • Make a V between your legs
4. Head stable with eyes focused forward on a target.	<ul style="list-style-type: none"> • Look over your neighbours green hedge
5. Arms as still as possible with no excessive movement - either at the side or extended to aid the balance.	<ul style="list-style-type: none"> • Arms like the wings of an aeroplane

EXTERNAL CUES: LANDING



Teaching Point:	External Cue:
1. Head up, stable and looking straight ahead.	<ul style="list-style-type: none"> • Show off your school crest
2. Arms should be stretched out in front to maintain balance.	<ul style="list-style-type: none"> • Reach out front towards the wall
3. Stomach should be pulled in and bum tucked under the body.	<ul style="list-style-type: none"> • Sit on a stool
4. Land with the feet wide apart but still in a stable position.	<ul style="list-style-type: none"> • Land with feet at either side of the 'box'
5. Bend the knees.	<ul style="list-style-type: none"> • Sit on a stool
6. Land on the feet in the order toes-ball-heel.	<ul style="list-style-type: none"> • Land gently like a mouse

EXTERNAL CUES: CATCHING



Teaching Point:	External Cue:
1. Eyes focused on the object throughout the catch.	<ul style="list-style-type: none"> ● Watch the ball
2. Move feet to place the body directly in the path of object and secure a wide base of support.	<ul style="list-style-type: none"> ● Get in the way of the ball
3. Hands reach out to meet the object.	<ul style="list-style-type: none"> ● Reach your arms forward as far as they can go
4. Fingers and hands are relaxed and slightly cupped to receive the object.	<ul style="list-style-type: none"> ● Hold the beach ball
5. Catch and control the object with the hands only.	<ul style="list-style-type: none"> ● Don't dirty your jumper
6. Elbows bend at least 90 degrees to absorb the impact.	<ul style="list-style-type: none"> ● Pull the ball in

EXTERNAL CUES: THROWING



Teaching Point:	External Cue:
1. Hold the object in one hand.	<ul style="list-style-type: none"> ● Keep one hand free to wave
2. Eyes focused on a target throughout the throw.	<ul style="list-style-type: none"> ● Eye on where you want the ball to go
3. Stand side on with non-throwing shoulder towards a target.	<ul style="list-style-type: none"> ● Body between ball and target
4. Bring the throwing arm back behind the body, swinging it down and backwards in preparation to throw.	<ul style="list-style-type: none"> ● Wind up for the throw
5. Step toward a target with the foot of non-throwing side (transferring weight from the back foot to the front foot).	<ul style="list-style-type: none"> ● Step towards the target
6. Hips then shoulders rotate forwards.	<ul style="list-style-type: none"> ● Face your school crest towards the target as you throw
7. Throwing arm moves forward, releases the object, then follows through in the direction of a target and down across the body.	<ul style="list-style-type: none"> ● Put on your seat belt as quickly as you can
8. It is good practise to raise the non-throwing arm and point it in the direction of a target in the preparation phase, then lower it when throwing	<ul style="list-style-type: none"> ● Use your other arm to point at the target

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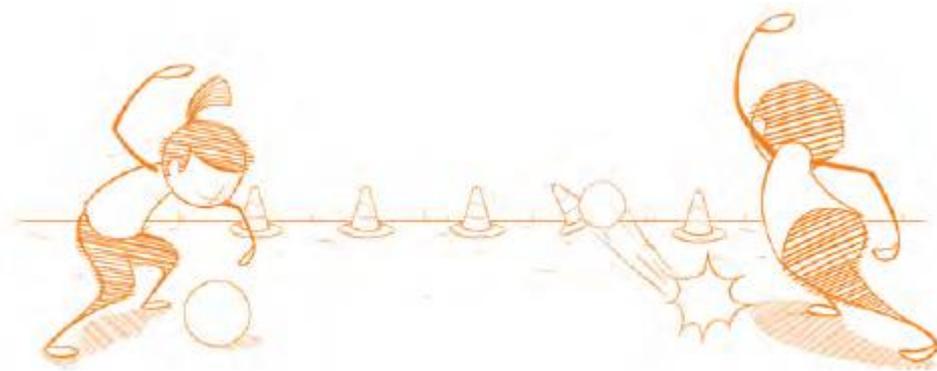
KICKING



Teaching Point:	External Cue:
1. Approach the ball from behind and slightly to the side.	<ul style="list-style-type: none"> ● Kick from around the bend
2. Place the non-kicking foot to the side of the ball.	<ul style="list-style-type: none"> ● Step beside the ball
3. Swing the kicking leg back to make an angle of at least 90 degrees.	<ul style="list-style-type: none"> ● Get the leg ready to pull the trigger
4. Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot.	<ul style="list-style-type: none"> ● Shoelaces to the ball
5. Swing the arm opposite the kicking leg forward and sideways.	<ul style="list-style-type: none"> ● Chop across the body
6. Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact.	<ul style="list-style-type: none"> ● Keep your eyes on the ball
7. Follow through in the direction of the target.	<ul style="list-style-type: none"> ● Foot follows the ball

EXTERNAL CUES:

STRIKING WITH THE HAND



Teaching Point:	External Cue:
1. Keep eyes on (and in time over) the ball.	● Find the star beyond the ball
2. Knees bent and feet a comfortable distance apart.	● Feet under shoulders
3. Lean slightly forward at the waist.	● Keep your head floating above the ball
4. Fingers are spread open but relaxed.	● Hands open like a fan
5. Push the ball downwards with the fingers while also controlling the movement with the wrist.	● The ball is a yoyo
6. Follow through when bouncing and pull the hand back as the ball rebounds in a cushioning action (no slapping action).	● Your hand follows the yoyo (up and down)
7. Keep the ball below waist height.	● Ball stays below your belt
8. When on the move (dribbling), bounce the ball slightly forward in front of the body.	● Keep the ball in front of you on your path

EXTERNAL CUES:

STRIKING WITH AN IMPLEMENT



Teaching Point:	External Cue:
1. Stand side on to the target.	<ul style="list-style-type: none"> • Watch the train go by
2. Eyes should be focused on the ball throughout the striking action.	<ul style="list-style-type: none"> • Find the star on the ball
3. Hands should be together at the base of the implement with the hand at the end matching the front foot.	<ul style="list-style-type: none"> • Hold the sword
4. Feet shoulder width apart, knees slightly bent with weight on the back foot in the preparation phase.	<ul style="list-style-type: none"> • Lean away from the target like the tower of Pisa
5. Step forward with the front foot, rotating hips and shoulder during the striking action.	<ul style="list-style-type: none"> • Step towards the target and show it your school crest
6. Arms should be extended fully at the point of contact with the ball.	<ul style="list-style-type: none"> • Elbows as straight as a plank of wood
7. Follow through the ball and around the body.	<ul style="list-style-type: none"> • Swing the axe over your shoulder