IF YOU CAN...

FUNDAMENTAL MOVEMENT SKILLS

- Walk
- Run
- Hop
- Skip
- Jump High

YOU CAN TAKE PART IN

- Hiking - Gardening - Walks with my Family
- Cross Country - Rounders - Scavenger Hunt
- Hopscotch - Dancing - American Football
- Boxing - Zumba - Jump Rope
- Trampolining - Basketball - Martial Arts

...AND MUCH MORE!

Move Well, Move Often:
Developing the physically literate child through the lens of fundamental movement skills
IF YOU CAN...

**Jump Far**
- YOU CAN TAKE PART IN
  - Athletics - Cricket - Orienteering

**Side Step**
- YOU CAN TAKE PART IN
  - Table Tennis - Tennis - Badminton

**Dodge**
- YOU CAN TAKE PART IN
  - Playground Games - Rugby - Lacrosse

**Balance**
- YOU CAN TAKE PART IN
  - Cycling - Yoga - Horse Riding

**Land**
- YOU CAN TAKE PART IN
  - Gymnastics - Hurdling - Surfing

...AND MUCH MORE!

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IF YOU CAN...

**Fundamental Movement Skills**

- **Throw**
  - You can take part in: Water Polo - Juggling - Bowling

- **Strike with the Hand**
  - You can take part in: Kinball - Spikeball - Handball

- **Strike with an Implement**
  - You can take part in: Golf - Hockey - Hurling/Camogie

- **Catch**
  - You can take part in: Gaelic Football - Frisbee - Baseball

- **Kick**
  - You can take part in: Footgolf - Soccer - Aussie Rules

...AND MUCH MORE!

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