

# IF YOU CAN...

## FUNDAMENTAL MOVEMENT SKILLS



**Walk**

YOU CAN TAKE PART IN

Hiking - Gardening -  
Walks with my Family



**Run**

YOU CAN TAKE PART IN

Cross Country - Rounders  
- Scavenger Hunt



**Hop**

YOU CAN TAKE PART IN

Hopscotch - Dancing -  
American Football



**Skip**

YOU CAN TAKE PART IN

Boxing - Zumba -  
Jump Rope



**Jump High**

YOU CAN TAKE PART IN

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...

## FUNDAMENTAL MOVEMENT SKILLS



**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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