



# Move Well, Move Often

Developing the physically literate child through the lens of Fundamental Movement Skills

## FUNDAMENTAL MOVEMENT SKILLS



**WALKING**



**RUNNING**



**HOPPING**



**SKIPPING**



**JUMPING FOR HEIGHT**



**JUMPING FOR DISTANCE**



**DODGING**



**SIDE-STEPPING**



**BALANCING**



**LANDING**



**CATCHING**



**THROWING**



**KICKING**



**STRIKING WITH THE HAND**



**STRIKING WITH AN IMPLEMENT**

## PHYSICAL EDUCATION STRANDS



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR & ADVENTURE

We are focusing on:

**PE STRAND**

**SKILL**