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

We are focusing on:

PE STRAND

SKILL

www.pdst.ie/physlit
www.scoilnet.ie/pdst/physlit