FUNDAMENTAL MOVEMENT SKILLS

Locomotor Skills

- Walking
- Running
- Hopping
- Skipping
- Jumping for height
- Jumping for distance
- Dodging
- Side stepping

Stability Skills

- Balancing
- Landing

Manipulative Skills

- Catching
- Throwing
- Kicking
- Striking with the hand
- Striking with an implement

Move Well, Move Often:
Developing the physically literate child through the lens of fundamental movement skills
WALKING

Maintain good posture with body straight, walk tall, head in line with the spine and looking forward.

Arms swing in a small natural arc in opposition to the feet.

Step with toes facing forward.

When planting the foot use a heel-to-toe action.

Knees should bend slightly when the foot makes contact with the ground.

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RUNNING

Hold the head up, stable and eyes looking forward

Elbows bent at 90 degrees

High knee lift with the thigh almost parallel to the ground

The kick back should be close to the buttocks (at least 90 degrees)

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

Lean slightly forward when accelerating and slightly backwards when slowing down

Push off from 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

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HOPPING

Take off and land on the same foot, pushing off from the ball of the foot.

Arms bent at the elbow, swing back together then vigorously forward and upwards to assist the leg action in providing force.

The non-hopping leg swings in rhythm with the hopping leg.

Bend the hopping leg slightly on landing and straighten on take off.

Head and trunk should be stable with the eyes focused forward.

Practise on both right and left legs to become proficient on both.

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SKIPPING

Step forward and hop on the same foot with a high knee drive

Land on the ball of the foot

Repeat with the other foot and then build rhythm

Knee of the support leg should bend to prepare for a hop

Head and trunk should be stable at all times with the eyes focused forward

Arms should be relaxed and swing in opposition to the legs to help maintain balance

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JUMPING FOR HEIGHT

Eyes focused forward or upwards, head up and back straight throughout the jump

Crouch with knees bent and arms behind the body

Legs forcefully extend and straighten in the air

Arms swing forwards and upwards in time with the legs

Arms and legs extend as far as possible in the flight phase

Ankles, knees and hips bend on landing to absorb the shock

Land on both feet with no more than one step in any direction to control the landing
JUMPING FOR DISTANCE

Get into the ‘ready’ position by bending the knees, hips and ankles.

Head up and eye focused forwards.

Explode forward from the ready position.

Swing the arms back behind the body then quickly forwards and upwards.

Push off from both feet together, with the toes the last part of the body to leave the ground.

land on both feet at the same time bending the hips, knees and ankles to absorb the impact.

legs straighten during the flight phase.

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DODGING

Head up and eyes focused forward

Low body position

Lower the body during the change of direction

To change direction plant foot, bend knee and push off from the outside of the foot

To add a deceptive element to the dodge, step/lean one way and push off in the other direction

Practise on both sides

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SIDE STEPPING

Stand side on with hip and shoulder pointing in the direction of travel

Knees slightly bent with weight on the balls of the feet

Head stable and eyes focused forward or in the direction travelled

Lead foot steps in the direction travelled

Free foot follows quickly behind

There should be a brief period where both feet are off the ground

Arms out to the sides for balance

Movement should be rhythmical

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PDST
Professional Development
Service for Teachers
Development & Adventure
Support leg still, with foot flat on the ground

Non-support leg bent and not touching the support leg

Trunk stable and upright

Head stable with eyes focused forward on a target

Arms as still as possible with no excessive movement - either at the side or extended to aid the balance

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LANDING

**Head up, stable and looking straight ahead**

**Arms should be stretched out in front to maintain balance**

**Land with the feet wide apart but still in a stable position**

**Stomach should be pulled in and bum tucked under the body**

**Bend the knees**

**Land on the feet in the order toes-ball-heel**

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CATCHING

Eyes focused on the object throughout the catch

Move feet to place the body directly in the path of object and secure a wide base of support

Fingers and hands are relaxed and slightly cupped to receive the object

Hands reach out to meet the object

Catch and control the object with the hands only

Elbows bend at least 90 degrees to absorb the impact
THROWING

Hold the object in one hand

Eyes focused on a target throughout the throw

Stand side on with non-throwing shoulder towards a target

Bring the throwing arm back behind the body, swinging it down and backwards in preparation to throw

Step toward a target with the foot of non-throwing side (transferring weight from the back foot to the front foot)

Hips then shoulders rotate forwards

Throwing arm moves forward, releases the object, then follows through in the direction of a target and down across the body

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

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KICKING

Approach the ball from behind and slightly to the side

Place the non-kicking foot to the side of the ball

Swing the kicking leg back to make an angle of at least 90 degrees

Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot

Swing the arm opposite the kicking leg forward and sideways

Follow through in the direction of the target

Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact

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STRIKING WITH THE HAND

FUNDAMENTAL MOVEMENT SKILLS

Keep eyes on (and in time over) the ball

Knees bent and feet a comfortable distance apart

Lean slightly forward at the waist

Fingers are spread open but relaxed

Push the ball downwards with the fingers while also controlling the movement with the wrist

Follow through when bouncing and pull the hand back as the ball rebounds in a cushioning action (no slapping action)

Keep the ball below waist height

When on the move (dribbling), bounce the ball slightly forward in front of the body

Move Well, Move Often: Developing the physically literate child through the lens of fundamental movement skills
STRIKING WITH AN IMPLEMENT

Stand side on to the target

Eyes should be focused on the ball throughout the striking action

Hands should be together at the base of the implement with the hand at the end matching the front foot

Feet shoulder width apart, knees slightly bent with weight on the back foot in the preparation phase

Step forward with the front foot, rotating hips and shoulder during the striking action

Follow through the ball and around the body

Arms should be extended fully at the point of contact with the ball

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