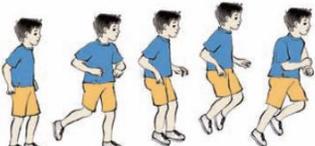
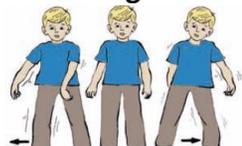


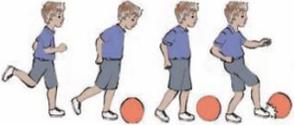
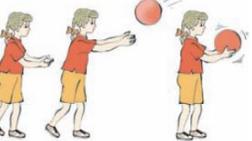
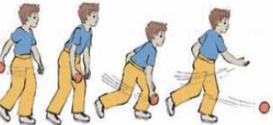
Getting started with Fundamental Movement Skills

Table 1. Locomotor Skills

Skill	Quick instructions	Tips & Game ideas
<p>Running</p> 	<ol style="list-style-type: none"> 1. Use opposite arm and leg 2. 'Run tall' 3. Eyes looking straight ahead 	<ul style="list-style-type: none"> ⇒ 'Here, there, where' ⇒ 'Ship, shark, shore' ⇒ Relay races ⇒ Rob the Nest
<p>Hopping</p> 	<ol style="list-style-type: none"> 1. Bend one leg at the knee, holding foot up 2. Bend arms at elbows 3. use arm Swing and leg swing to help you hop 	<ul style="list-style-type: none"> ⇒ Hoops or mats, hop over lines, to encourage children to hop further and propel themselves using arms ⇒ Hopscotch ⇒ Explore! Use the other leg to hop. Which feels better?
<p>Leaping</p> 	<ol style="list-style-type: none"> 1. Take off with one foot 2. Land on opposite foot 	<ul style="list-style-type: none"> ⇒ Use scarves, rope, hoops or other markers to encourage children to leap over ⇒ Start with a walking action stepping over lines and gradually extend distance between lines (scarves or ropes) on ground to create the leap action
<p>Jumping</p> 	<ol style="list-style-type: none"> 1. Swing arms back, bend knees 2. Swing arms forward and up as you jump 'Reach for the stars,' 3. Stay tall 'Can you touch the clouds/sky?' 4. Bend knees to land 	<ul style="list-style-type: none"> ⇒ Hang objects from ropes at different levels and encourage children to try to jump and reach with their hands ⇒ Explore! Jump without raising arms, then with arms. Which jump is furthest? ⇒ Jump over scarves, ropes, etc. for distance
<p>Galloping</p> 	<ol style="list-style-type: none"> 1. Step forward with one foot 2. Second foot pushes the front foot in the air 	<ul style="list-style-type: none"> ⇒ Pretend to be riding horses. Use scarves or rope as reigns
<p>Side sliding</p> 	<ol style="list-style-type: none"> 1. Take a side step and draw a line (drag/slide) with the other foot to meet 	<ul style="list-style-type: none"> ⇒ Use a line on the floor or rope to slide along

Getting started with Fundamental Movement Skills

Table 2. Manipulative skills

Skill	Quick instructions	Tips & Game ideas
Kicking 	<ol style="list-style-type: none"> 1. Eyes on the ball ('Heat up the ball with your laser eyes') 2. Step the non-kicking foot beside the ball 3. Kick the ball with the shoelaces/Velcro part 	<ul style="list-style-type: none"> ⇒ Set up goals to practice kicking through ⇒ Ten pin kicking (use toys, skittles or empty bottles) ⇒ Kick balls off cones or beanbags ⇒ Explore! Kick with the right foot, then the left
Over-arm throw 	<ol style="list-style-type: none"> 1. Face side on to target, Hold the ball in one hand, point at target with the other. 2. 'Make a smiley face' with the ball hand, bringing the throwing hand down and up behind the body 3. 'Step over the creek' with the foot closest to the target 4. Bring the ball over, releasing the ball 5. Give the front leg a 'high 5' (or pull a scarf from pocket) 	<ul style="list-style-type: none"> ⇒ Target practice ⇒ Throw through a hoop being held up in the air ⇒ Explore! Throw the ball with the right arm, then the left. Do they feel different?
Catching 	<ol style="list-style-type: none"> 1. Stand facing the person throwing the ball. 2. Hold both hands out ready to catch the ball (like a scoop) 3. Eyes on the ball (Heat the ball with your laser eyes) 4. Reach for the ball, catch with both hands, soft elbows, bringing the ball into your body 	<ul style="list-style-type: none"> ⇒ Use bean bags, balloons, scrunched up paper as soft objects to catch ⇒ Pretend the arms are a frog's tongue catching flies (extend to reach ball then bring into your body) ⇒ Explore! Try to catch with eyes closed
Underarm rolling 	<ol style="list-style-type: none"> 1. Hold the ball in one hand and swing the arm back, make a smile with your arm 2. Step forward with the opposite foot, bending knees will you marry me? 3. Swing the arm forward, releasing the ball close to the floor, so it rolls along the ground 	<ul style="list-style-type: none"> ⇒ Ten pin bowling using toys, skittles or empty plastic bottles ⇒ Roll 'treasure' into a 'cave' (balls into buckets on their sides)
Stationary Dribbling 	<ol style="list-style-type: none"> 1. Push a ball up and down with the tips of your fingers, palms don't touch the ball (live spider fingers) 	<ul style="list-style-type: none"> ⇒ Draw a shape on the ground for children to try and keep the ball inside. Could also use a hoop. ⇒ Explore! Experiment with hands, use a 'beak' to try to keep the ball bouncing
Striking 	<ol style="list-style-type: none"> 1. Stand side on to target, Hold bat with both hands, 'straight arms' 2. Bring bat back 'Scratch your back' 3. Swing and hit ball 'straight arms' 4. Follow through with bat to 'Scratch other shoulder' 	<ul style="list-style-type: none"> ⇒ Newspaper balls in a stocking makes a soft object ⇒ Pool noodles cut in half make soft bats