

# Fundamental movement skills yearly planner

Practice these 13 skills with fun games throughout the year. Click each icon below to see the correct technique and a related activity. For more activity ideas, visit the [Good for Kids website](#).

January

Running



February

Catching



March

Jumping



April

Kicking



May

Hopping and skipping



June

Underarm throwing



July

Galloping



August

Striking a stationary ball



September

Leaping



October

Stationary dribbling



November

Side-sliding

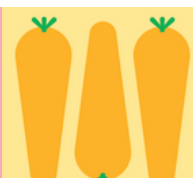


December

Overarm throwing



 Locomotor skills  Manipulative skills



'The heart of a child' by Worimi Artist Lara Went



Good for Kids.  
Good for Life

