

SKILL	DESCRIPTION	CHECKLIST	CUES	AT HOME, TRY
DODGE	A rapid shift of the body from one line of travel to another	Eyes focused in direction of travel Body lowered during change of direction Change direction by pushing off outside Change of direction occurs in one step. Able to change direction in both ways	Look where you are running Get Low Change Direction push off take one step Go left Go right	<i>Zigzag relay</i> Set up a row of cones or other markers evenly spaced Time how fast each person can run the zigzag pattern using a dodging action at each cone. Can be done as a relay by setting up two rows and splitting up family and friends
HOP	One foot take-off with same foot landing	Body upright, look forward Arms bent at side 90 degrees Swing leg swings forward and upward to produce thrust Rhythmical swing of arms on take-off Push off on balls of feet Pendulum action of swing leg Landing softly on balls of feet, slight ankle and knee flexion	Arms bent, look ahead Spring with your legs and swing your arms Land on balls of feet Soft	<i>Rope mazes</i> Make a maze on the floor with skipping ropes, and make a hopping or jumping challenge through the maze. Everyone takes turn making a maze for the others
SKIP	A rhythmical flow of the step-hop pattern	Rhythmical repetition of the step-hop on alternate feet Foot of nonsupport leg is carried near surface during hop Arms alternatively moving in opposition to legs Toe first landing	Step-Hop-Step-Hop Back foot near the ground Opposite arm to leg Land toes	<i>Numbers</i> Skip to the rhythm of a beat (drum, clap or other) in free space Two loud beats = join hands with a partner and skip together One loud beat = separate and skip on your own Three loud beats = all join hands and skip in a circle until they hear one loud beat again
LOG ROLL	A straight body rolling around the long axis of the body	Lie on back with arms stretched overhead Legs together and straight Palms facing ceiling Roll to side, tummy, side, then back Keep body rigid	Arms straight over head Be as long as you can Body stiff like	<i>Seals in the sea</i> Kids pretend they are seals rolling in the sea by keeping their arms and shoulders off the mat as they roll. When they are performing seal rolls, children should try to keep their back straight and avoid arching it

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STORK STAND	A one-foot balance with sole of the non-support foot placed against the support leg	Head neutral, look forward Back straight Arms straight and perpendicular to the ground Weight on one foot Sole of foot placed against inside of knee and thigh of opposite foot Position held	Look forward Back straight Wings out – arms straight out to sides Hold position	<i>Traffic light</i> Pretend to be a vehicle and respond to colors held up or called out as follows: Green = skipping Amber = hop on the spot - Red – stork stand
JUMP	Horizontal: two foot take-off with two-foot landing	Knees bent, shoulders forward, arms swing back Forceful, extension of hips, knees, ankles Forward and upward arm thrust Full body extension during flight Balance landing with feet apart, knees bent, arms out Arms reach forward	Get ready Crouch forward and arms swing back Take off! Explode with legs, swing forward with arms Look ahead and stretch out in flight Soft knees on landing Reach forward	<i>Island Jumping</i> Scatter mats or carpets or blankets throughout a large area (close enough to jump from mat to mat) The object of the game is to jump to an island without falling in the water (floor). Gradually increase distance between mats Tip: make sure mats have a good grip to the floor so they do not slide during the game.
KICK	Imparting force to an object with the foot	Plant support foot beside the ball Kicking leg swings freely from hip through arc toward the ball Using instep, foot contacts ball at midline slightly below centre Quick extension of knee on contact Follow through with kicking leg toward target Arms extended	Plant supporting foot Lean backwards into the kick Kicking leg swings freely Contact on tops of toes and instep Follow through across body Use arms for balance	<i>Wall target challenges</i> Set up a range of targets of different shapes and sizes along a wall (paper, balloons, etc.) - Rotate through each target station and keep track of how many tries they used to hit the target
DRIBBLE	Bouncing the ball up and down so that it stays in the dribblers possession	Eyes looking forward Feet in forward stride, body flexed at hip, knees waist Fingers spread, fingers pads touching ball Wave action of hand, wrists, push ball to floor Control bounce with fingers and wrist Contact ball at waist level Ball bounces back to waist level	Look ahead Stride stand Lean forward slightly Five fingers spread – cup the ball Make wave action with wrists and fingers Control the ball Contact the	<i>Incredible shrinking space</i> On signal, dribblers must dribble anywhere within the basketball court without making contact with other dribblers. Gradually shrink the dribbling space. As the dribble space shrinks, dribblers must maintain control while avoiding contact
OVERARM THROW	Propelling the ball toward a given objective	Side facing Weight on back foot Arm circles down and back to make a W shape Step with opposite foot Hips rotate first Weight from back foot to front foot	Face your body to the side Put weight on the back foot Eyes on target Forward step with opposite foot Rotate your hips first then the	<i>Balls eye</i> Line up cones along a wall with a large ball resting on each cone Children stand behind a line that is 10-15 meters from the cone Children throw the small ball at the large ball on

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		Hips rotate first Weight from back foot to front foot Follow through to opposite knee	upper body Release the ball in front of head Follow through – point hand toward target Follow	the cone to try to knock it off - Children alternate throws and retrieve their own ball
CATCH	Receiving a ball with the hands	Align body with incoming object Arms slightly in front of body Move hands to meet the object Elbows are bent and then bend as object is brought down and toward the body Hands adjust to the flight and size of object Little fingers together for below waist catch, thumbs together for above waist	Eyes on ball Position yourself behind ball Arms in ready position Soft hands – meet the ball Elbows bent Bring ball to body Ball below the waist – pinkies together Ball above the wrist – thumbs together	<i>Back Up</i> One partner tosses the ball against the wall, the other partner lets the ball bounce once and then catches it. If successful, the partner takes one step back and repeats the sequence gradually moving further and further away from the wall. If the ball is not caught, the pair must start from their beginning position.
RUN	Move fast by using ones feet, with one foot off the ground at any given time	Heel contact in slow running; ball of foot contact for fast running Swing knee raised high Support leg moves from bend to extension Elbow bent at right angles and move in opposition to legs Upper arm	Contact with heels of feet Go faster – increase contact with balls of feet Move knees high Extend your leg Hands brush hips Elbows at right angles Drive arms - elbows in	<i>Belly run</i> Line up at a starting point - Start by lying face down. At parent signal, scramble to a running position and sprint to a line on the opposite side.