

THE FUNDAMENTAL MOVEMENT SKILLS

GROSS MOTOR SKILLS

SPATIAL SKILLS

AXIAL STABILITY

BENDING
TWISTING
TURNING
SWINGING
STRETCHING

DYNAMIC BALANCE

TUMBLING
STOPPING
DODGING
LANDING AFTER A JUMP

STATIC BALANCE

STANDING IN PLACE
BALANCING ON ONE FOOT

LOCOMOTIVE SKILLS

GALLOPING
HOPPING
JUMPING
LEAPING
RUNNING
SKIPPING
WALKING

MANIPULATIVE SKILLS

PUSHING
PULLING
LIFTING
KICKING
STRIKING
THROWING
BOUNCING
CATCHING
DRIBBLING
ROLLING
VOLLEYING

SPATIAL AWARENESS

BODY POSITIONING
DIRECTIONAL AWARENESS
GAUGING DISTANCE
TIMING

STABILITY SKILLS