Jumping

Swing your arms back and bend your knees.

Reach for the stars.

Bend knees to land.
Running

Eyes looking straight ahead.

Swing your arms.

Knees up.

Fundamental Movement Skills in Action
FMS in the early years
Hopping

Stand on one leg and bend the opposite leg.

Bend arms at elbows.

Spring off your foot.

Use arm swing and leg swing to help you hop.
Galloping

Step forward with one foot.

Galloping

Second foot pushes the front foot in the air.

Toe to heel.

Fundamental Movement Skills in Action
FMS in the early years
Leaping

Leap forward with one foot.

Land on opposite foot.
Side-sliding

- Take a side step.
- Draw a line (drag/slide) with the other foot to meet.
- Slide together, slide together.
Skipping

Step Forward.

Step forward on opposite foot.

Hop.

Hop.
Catching

Hands out in front.

Keep your eyes on the ball.

Catch with both hands and bring ball to chest.

Fundamental Movement Skills in Action
FMS in the early years
Underarm throwing

Hold the ball in one hand.

Step forward.

Bend your knees.

Swing behind and through.

Fundamental Movement Skills in Action
FMS in the early years

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Overarm throwing

Swing arm back, step and throw.

Point to your target.

The throwing hand follows through across body towards hip.
Kicking

Step next to the ball.

Eyes on the ball.

Use your laces not your toe.

Fundamental Movement Skills in Action

FMS in the early years
Stationary dribbling

Eyes on the ball.

Use soft fingers not palm.
Striking a stationary ball

1. Stand side-on.
2. Hold the bat with both hands.
3. Swing backwards and through.