



# Basic Movement Skills

## Hopping

Performance indicators:

1. Take off on one foot and land on the same foot. (toe-ball-heel)
2. Hold knee behind body at a 90 degree angle.
3. Use arms for lift.
4. Display rhythmical hopping.
5. Maintain balance.

## Skipping

Performance indicators:

1. Display a step-hop pattern.
2. Use both sides of body alternately.
3. Swing arms in opposition to feet.
4. Display a rhythmical pattern.
5. Focus eyes forward.

## Gallop

Performance indicators:

1. Keep trail leg behind lead leg
2. Gallop using either leg as the lead.
3. Display rhythmical arm movement.
4. Turn hips, shoulders, and eyes to direction of movement.



## **Jumping**

Performance indicators:

1. Take off and land on two feet. (toe-ball-heel)
2. Bend knees and body (at waist) in preparation for the jump.
3. Swing arms fully in a backward-forward direction.
4. Extend body in flight and lands with bent knees.
5. Focus eyes forward.

## **Static Balance**

Performance indicators:

1. Maintain a steady balance.
2. Adjust body to maintain balance.
3. Focus eyes forward

## **Dynamic Balance**

Performance indicators:

1. Maintain balance while using alternate stepping action.
2. Maintain an upright posture.
3. Maintain balance by using arms as needed.
4. Focus eyes forward.



## Running

Performance indicators:

1. Run with flight, extending supporting leg.
2. Swing arms in a forward-backward motion.
3. Swing arms in opposition to feet.
4. Maintain balance.
5. Focus eyes forward

## Bouncing

Performance indicators:

1. Initiate ball contact from fingertips.
2. Bend and straighten wrist and elbow to push the ball.
3. Bounce ball in front of and to the side of body.
4. Perform a rhythmical series of controlled bounces.

## Catching

Performance indicators:

1. Focus eyes on the object throughout the catch
2. Position body in the path of the object
3. Position one foot slightly ahead of the other in a balanced stance.
4. Catch object with hands.
5. Relax arms and absorb the force of the object.



## Overhand Throwing

Performance indicators:

1. Focus eyes on the target.
2. Bend and hold elbow back at shoulder height behind ear.
3. Rotate hips so that the opposite shoulder is in line with the target.
4. Step with foot opposite to throwing arm.
5. Shift weight from back to front foot.
6. Lead throw with elbow and follow through down and across the body.

## Underhand Throwing

Performance indicators:

1. Focus eyes on the target.
2. Uses a full backward and forward arm swing.
3. Transfer weight from back to front.
4. Step forward with foot opposite to throwing arm.
5. Release object in front of body at approximately waist level.
6. Follow through with hand pointing to the target.



## Rolling

Performance indicators:

1. Focus eyes on the target.
2. Roll ball with backward and forward arm swing.
3. Step forward with leg opposite to the hand holding the ball.
4. Bend knees and release the ball along the floor.
5. Follow through with hand pointing to the target.

## Striking

Performance indicators:

1. Focus eyes on object being struck.
2. Display preparatory backswing.
3. Rotate hips and trunk in full striking action.
4. Transfer weight from back to front foot.
5. Follow through along swinging path.



# Kicking

Performance indicators:

1. Focus eyes on the target.
2. Step beside the ball with non-kicking foot.
3. Bend body at waist, initiating kick from hip.
4. Bend kicking leg (knee over ball) to contact ball with shoelaces.
5. Swing arms in opposition to kicking foot.
6. Follow through with kicking leg pointing to the target.