

### **GALLOP** (great for dramatic play, dance)

1. Bend your arms and lift to waist level
2. Step forward with your lead foot and follow with a step with your other trailing foot to a position next to or behind the lead foot
3. There should be a brief period where both your feet are off the ground
4. Try to maintain a constant rhythm for 4 or more gallops

Practice by pretending to be a horse

### **HOP** (great for hopscotch, elastics, dramatic play, rope jumping)

1. Swing your non support leg forward like a pendulum to produce swing
2. Keep your non-support foot behind the body
3. Keep your arms flexed and swing to produce force
4. Try to take off and land 4 consecutive times on the non preferred foot

Practice by playing hopscotch or by pretending to have a broken leg



### **LEAP** (great for dance, hurdle jump, high jump)

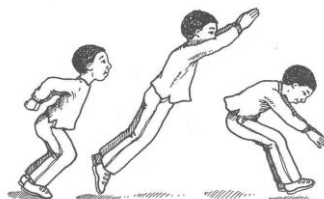
1. Take off on one foot and land on the opposite one
2. There should be a brief period where both your feet are off the ground
3. Your arm opposite the lead foot should reach forward

Practice by leaping over a small soft toy and reciting "Jack be nimble...."



### **HORIZONTAL JUMP** (good for long jump, catching high balls and cheerleading!)

1. Prepare to jump by bending your knees and pushing arms forcefully behind
2. Extend your arms forcefully forward and upward reaching full extension above your head
3. Take off and land on both feet simultaneously
4. Thrust your arms downward during landing



## Getting ready for physical activity at school

Fundamental movement skills (FMS or Gross motor skills, as they are sometimes called) are the ABC of movement. Children need to develop basic competency in FMS for games, sports and dance and lifetime physical activity. The research is clear that children develop skills in their FMS during the early childhood years. Unfortunately during this time, many children do not receive the appropriate kinds of experiences to develop these skills and may start school not being ready in this area.

Fundamental movement skills must be taught and reinforced – they are not automatic. There are very few children who have an innate talent in FMS. Most children need adults to teach them these skills and a good way of teaching is to understand the components of the skills. The components of some really important skills are described in the following information.

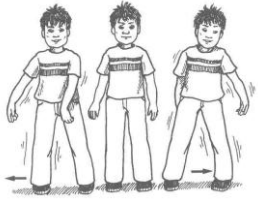
You can help by showing your children the components of the skills when you are playing games with them at home. It is important to encourage them in a very positive way by showing them how you do it and by praising them for their efforts.

### **RUN** (great for games, sports and using up energy!)

1. Move your arms in opposition to legs and bend your elbows
2. There should be a brief period where both your feet are off the ground
3. Try not to be flat footed i.e. either land on heel or toe but not both
4. Your non support leg should form a right angle (i.e. close to buttocks)



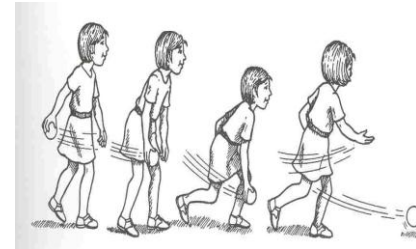
You can practice by playing a zillion forms of chasey



**SIDE SLIDE** (great move for folk dances, basket ball, dodging games)

1. Turn your body sideways so your shoulders are aligned to a line on the floor
2. Step sideways with your lead foot, follow by sliding your trailing foot to a point next to your lead foot.

Try and do 4 or more continuous slide steps to the right then to the left



**UNDERHAND ROLL** (bowl) with a tennis ball

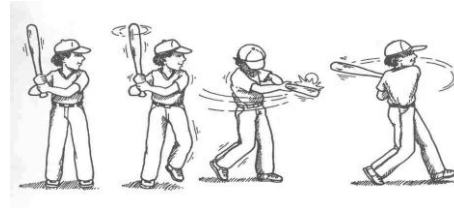
1. Swing your preferred hand back and down reaching behind your trunk while your chest faces forwards
2. Stride forward with your opposite foot toward the front
3. Bend your knees to lower your body

4. Release ball close to the floor so ball does not bounce more than 10cm.

Practice by playing skittles

**STRIKING A BALL** (Good training for softball, baseball, golf, cricket, hockey, tennis)

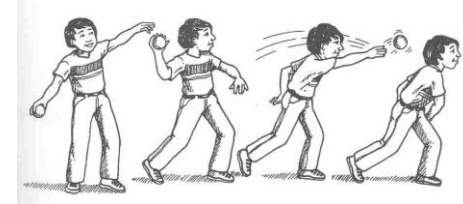
1. Your dominant hand grips bat above your non dominant hand
2. Your non preferred side of body faces the bowler with your feet parallel
3. Your hips and shoulders rotate during swing
4. Transfer your body weight to front foot
5. Hit the ball!



Practice by using a tee-ball or balancing a ball on cricket stumps or similar

**OVERHAND THROW** (for most ball games)

1. Start windup by first moving your hand (with the ball) downward
2. Rotate your hips and shoulders to a point where the non throwing side faces the direction you are going to throw
3. Transfer your weight by stepping with the foot opposite your throwing hand
4. After you've released the ball let your hand follow through diagonally across the body toward the non preferred side



Practice with grocery bags taped up to make soft balls – throw them as hard as you can at the wall



**STATIONERY DRIBBLE** (great for basketball, but increases ball skills for netball, too)

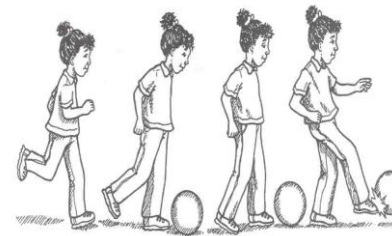
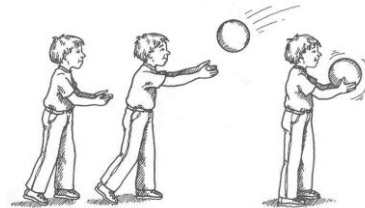
1. Contact ball with one hand at about belt level
2. Push ball down with your fingertips (don't slap)
3. Make sure ball hits the floor in front of or outside your preferred foot.
4. Try to do 4 bounces or more without having to move your feet to retrieve ball.

Practice with a very light big beach ball

**CATCH** (a 10cm lightweight ball)

1. Prepare to catch by holding your hands in front of your body with your elbows bent
2. Extend your arms while reaching for the ball as it arrives
3. Catch with your hands only

Practice by starting with balloons then very light balls



**KICK** a 20cm soft plastic ball

1. move quickly towards the ball
2. make a long step or leap just before ball contact
3. your non kicking foot is placed even with or slightly behind the ball
4. kick ball with instep (shoelace area) or toe.

Practice with a very light big ball or balloon and kick hard