

FUNDAMENTAL MOVEMENT SKILLS

(FMS)

STABILITY

Gross motor skills with weight transfer:

Balancing, Stretching, Twisting, Landing, Turning, Climbing, Hanging, Tucking



LOCOMOTOR

Travelling moves:

Running, Jumping, Hopping, Skipping, Sidestep, Galloping, Leaping, Bounding, Rolling, Crawling



OBJECT CONTROL

Handling equipment with control:

Throwing, Catching, Kicking, Striking, Dribbling, bouncing, Collecting



Motor competence and confident to participate in PE & Sport

