

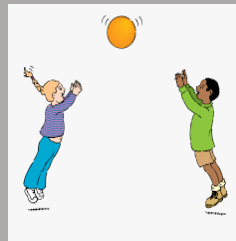


Movement Skills

Balance



Catch



Skip



Jump



Hop



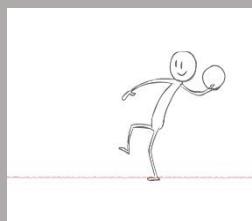
Gallop



Kick



Throw

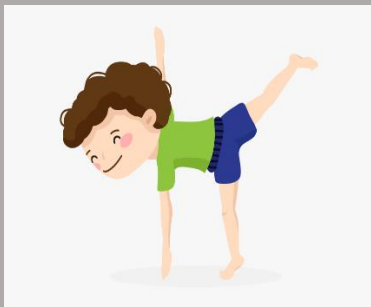


Chest Pass



Balance

Balance involves maintaining a stable centre of gravity. It supports us in everyday activities



Practice

- Focus eyes on a feature or spot on the ground.
- Keep one foot flat on the ground, bend knee slightly if needed.
- Raise opposite leg off ground.
- Hold out arm to help balance

Beginning

- Child holds onto back of chair with two hands, then one and then none
- Provide support by holding child's arm



Progression

- Eyes closed
- Balance on different body parts e.g. one hand one foot, two hands one knee
- On tippy toes

Line or Beam walk

- Find a line on the ground or beam
- See can you walk a straight line one foot in front of the other

Catch

To play most ball games the ability to catch a ball is required

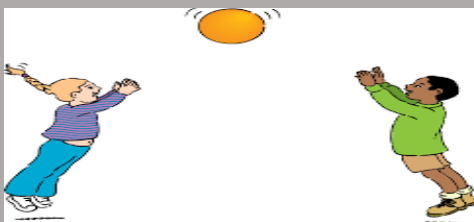


Beginning

- Use large, soft balls
- Allow the child to feel the ball to help with adjusting hand width for catching the ball
- Make sure the child is ready before you throw the ball. Call Ready?
- Encourage the child to catch the ball with their hands out in-front not against their chest.

Practice

- Eyes focused on the ball
- Hands reached out to meet the ball
- Fingers pointing down ball coming from below, fingers pointing out ball in-front, fingers pointing up ball coming overhead
- Elbows bend to absorb impact
- Bounce and catch, Toss and catch



Progression

- Different size balls or objects
- Catch throws high, low or side
- Catch smaller balls with one hand
- Start with hands at your side

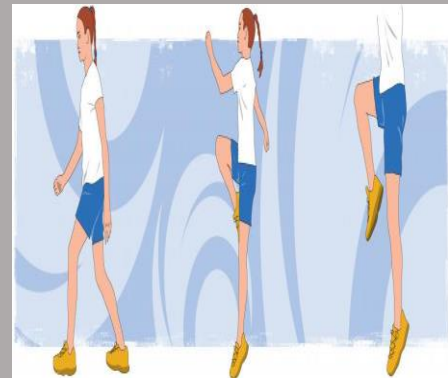
Skip



Skipping is a cross lateral movement. The movement involves a step- hop on one leg, then transfer the weight to your other foot. Same pattern is repeated both sides.

Beginning:

- The movement requires a rhythm (can be uneven)
- Eyes focused forward
- Performed on balls of your feet to allow more of a spring.
- Arms move in opposition to legs (maintains body balance)



Practice:

- Help children to feel the rhythm by skipping along with them holding their hand
- Play games/relay races involving skipping

Progression:

- Skip in different directions
- Different Speeds
- Add skipping to a dance routine or game

Jump

Jump for height or Jump for distance



Jump for height

- Is a vertical jump from a standing position
- Involves gaining as much height as you can in your jump.

Beginning

- Standing position, head up
- Ankle, knees and hips bend
- Arms swing behind and then forward in time with legs.
- Legs extend and arms swings forward
- Ankle, knees and hips bend on landing

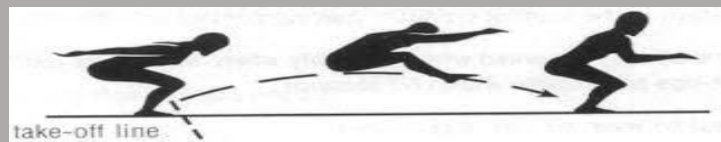


Progressions:

- Ask the child to give you a high five
- Can you jump and turn in the air?
- How high can you jump, make a mark and keep reaching higher

Jump for distance

- Jump for distance is important for co-ordination of the movement of arms and legs

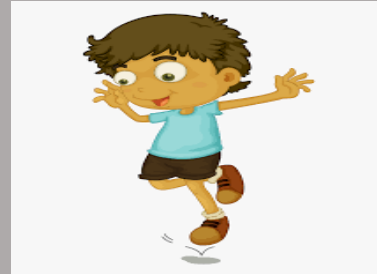


Beginning

- Same as jumping for height position
- Arms swing behind, legs straighten with both feet leaving the ground together.
- Arms swing up, land on both feet together with ankles, knees and hips bent. Helps with balance

Hop

Hopping involves taking off and landing on the same foot. It's a skill that requires leg strength and balance as only one foot is used to lift the body



Beginning

- How many hops can you do in a row?
- Hold child's hands if it helps
- Eyes focused forward, support leg bends on landing and straightens to push off
- Take off and land on forefoot
- Swing leg moves in rhythm with support leg to help with balance.
- Movement of arms helps to lift the body

Practice:

- On both left and right on the spot
- How many can you do in a row?
- Increase distance between hops, use markers on the ground
- Hop in different directions



Progressions:

- Introduce hopping games e.g. Hopscotch
- Ask the child to jump in patterns e.g. create a pattern, letters, numbers

Gallop

The gallop is a continuous movement in forward or diagonal direction. The same foot is always leading in the movement. The gallop is a combination of a walk and a leap.

Beginning:

- Pretend you are riding a horse
- Feet face in direction of travel
- Head, eyes and trunk facing forward
- Knees slightly bent and weight on forefeet
- Lead with front leg and arms move to assist action



Practice:

- To practice you can use a broomstick handle
- Practice leading with both feet
- Remember the back foot doesn't cross the lead foot

Progression

- Try the action without a broomstick
- Move in different directions
- Gallop to songs with a similar rhythm
- Play games that include a gallop



Kick

Kicking is used in many ball games. Kicking is a force to an object with the foot. We will look at two kicks, the lofted kick of the ground and the punt kick.



Lofted Kick

- The ball is stationary on the ground
- The aim is to kick the ball as high and as far as you can.

For practice:

- The support leg is planted to the side of the ball
- Knee of kicking legs bend to 90 degrees. Allows the leg to move forward with greater speed
- Eyes focused on the ball, lean back and arm of planted foot swings forward.
- Contact the ball with shoelaces and follow through



Punt Kick

- The ball is released from the hand and the ball is kicked while it is still in the air.

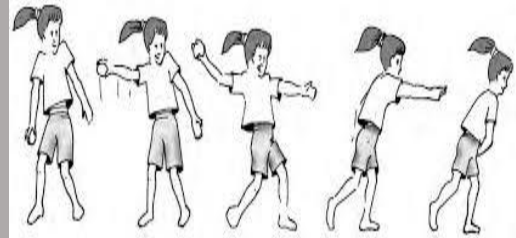
Practice

- Eyes focused, face ball so kicking surface is smooth (depends on ball)
- Step forward onto non-kicking foot
- Lean back to allow greater force and range of motion.
- Drop ball straight over kicking foot (same hand drops as kicking side)
- Ball connects with instep of your foot
- Follow through on your kick



Throw

Throws are used across a wide variety of sports and games. Throwing involves releasing an object/ball with force from the hands. Underarm is used for short distance and accuracy.



Overhand/Overarm Throw



Beginning:

- Stand side on to the direction of throw. Opposite foot to throwing arm is forward.
- Non-throwing arm is raised pointing in the direction of the throw.
- Hips and shoulders rotate forward
- Throwing arm moves backwards, elbow bends as throwing arm moves behind the head
- Throwing arm follow through across body

Underarm Throw

Beginning:

- Stand face on direction of throw
- Step forward with opposite foot to throwing arm
- Ball is held in front of body to allow a greater back swing.
- The back swing and follow through allows for greater distance. Timing of release will determine distance

Progressions of both:

- Throw greater distance
- Introduce accuracy challenges



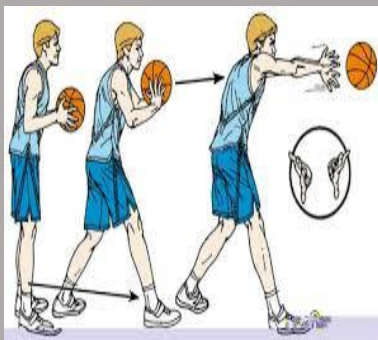
Chest Pass

Chest pass is used in many sports and games. Often used in sports with a large ball e.g. basketball



Beginning:

- Use a light ball starting off as some children won't have the strength to pass heavier balls.
- Stand face on in direction of throw.
- Ball against chest, thumbs behind ball with fingers spread around the ball
- Step forward with either foot as you throw. Elbows bent by your side, step forward, extending your arms out straight and release the ball palm facing out.

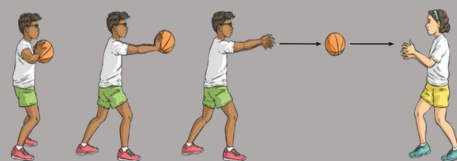


Practice:

- Use a light ball
- Short chest passes to partner first.
- Focus on arm action as you step forward each time.
- Keep an eye thumbs are behind the ball and fingers spread out.

Progression:

- Overtime increase the distance
- Introduce heavier and larger balls
- Introduce the chest pass into games



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Checklist

- Can you balance on one foot?
- Can you balance without support from a chair or family member?
- Can you walk a straight line?
- Can you catch the ball/object out in front?
- Can you complete 5 catches in a row?
- Can you catch small and large balls?
- Can you skip holding someone's hand?
- Can you skip on your own?
- Can you skip in different directions?
- Can you jump and reach the target?
- Can you do a vertical jump and give a high five to someone?
- Can you jump for distance?
- How many hops can you do in a row _____?
- Can you hop on both feet?
- Can you hop in different directions?
- Can you gallop using a broomstick?
- Can you gallop on your own?
- Can you gallop leading with both feet?
- Can you do a lofted kick with your right foot?
- Can you do a lofted kick with your left foot?
- Can you do a punt kick with your left foot?
- Can you do punt kick with your right foot?
- Can you do an overarm throw?
- Can you do an underarm throw?
- Can you throw at targets?
- Can you do a Chest pass?
- Can you complete 5 chest pass in a row?

Congratulations you
completed all challenges