

Fundamental Movement Skills Sequence from Kindergarten to Year 3+

Sequence of
Fundamental
Movement Skills






K

PP

1

2

3+

<p>Body Management Skills</p> 	<ul style="list-style-type: none"> • Static balance (balance on one foot) • Line walk • Beam walk • Climb 	<ul style="list-style-type: none"> • Side roll 		<ul style="list-style-type: none"> • Forward roll 	
<p>Locomotor Skills</p> 	<ul style="list-style-type: none"> • Run • Distance jump • Gallop • Skip 	<ul style="list-style-type: none"> • Hop • Swim 	<ul style="list-style-type: none"> • Vertical jump 	<ul style="list-style-type: none"> • Side gallop • Leap 	<ul style="list-style-type: none"> • Dodge
<p>Object Control Skills</p> 	<ul style="list-style-type: none"> • Overhand throw • Underhand roll 	<ul style="list-style-type: none"> • Underhand throw • Bounce and catch • Catch large ball 	<ul style="list-style-type: none"> • Two handed strike 	<ul style="list-style-type: none"> • Catch small ball • Lofted soccer kick • Punt 	<ul style="list-style-type: none"> • One handed strike • Hand dribble • Foot dribble