

# Fundamental Movement Skills

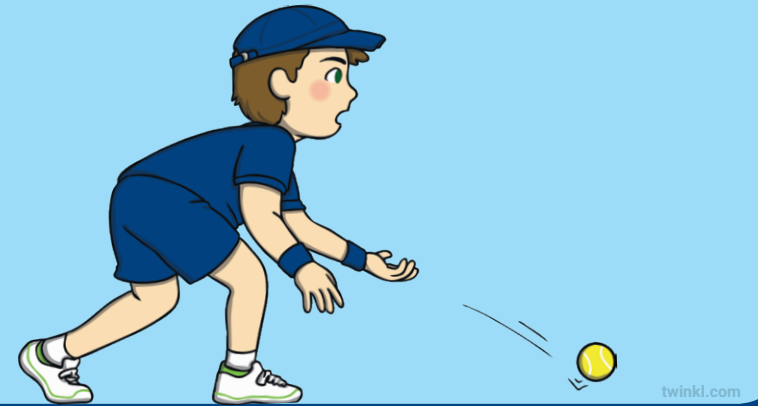
## Activity Cards



Fundamental Movement Skills

### 1. Bounce and Catch:

Bounce a tennis ball to your partner and catch with two hands.



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### 2. Body Balance:

Try balancing in different ways. For example, one hand and one foot, two knees and your head, two elbows and one foot, one knee and one foot.



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### 3. Galloping:

Gallop sideways around cones, changing the lead leg on each turn.



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### 4. Eye Tracking:

Lie on a mat with your head under a ball suspended from a stocking tied to the roof. Keeping your head still, track the movement of the ball with your eyes only.

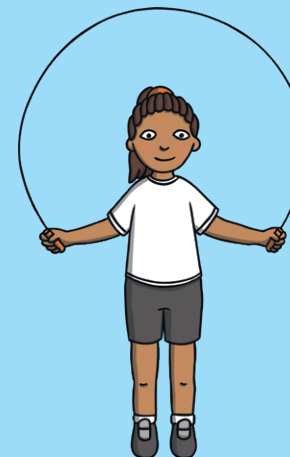


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### 5. Skipping:

Use individual ropes to skip from one end to the other.



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### 6. Soccer Kick:

Using the inside of your foot, aim a ball into the goals and kick. Swap kicking feet.



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