



Cues for teaching FUNdamental Movement Skills

Run	Hop	Skip
<ul style="list-style-type: none"> • Balls of feet • High knees • Bend elbows • Pump with arms • Hands move hips to lips (sprint) 	<ul style="list-style-type: none"> • Head up • Bend ankles, knees and hips • Spring with legs • Swing with arms • Soft touch down 	<ul style="list-style-type: none"> • Step-hop, step-hop • Keep back foot near the ground. • Opposite arm/leg • Land on toes first
Dodge	Log Roll	Stork Stand
<ul style="list-style-type: none"> • Head up • Get low • Push off • One step • Go left, go right 	<ul style="list-style-type: none"> • Be as long as you can • Stiff like a pencil 	<ul style="list-style-type: none"> • Head up • Arms at shoulder height • Foot flat against leg • Hold
Dribble with Hands	Throw	Sidearm Strike
<ul style="list-style-type: none"> • Head up • Opposite foot forward to dribbling hand • Cup the ball • Wave to the ball 	<ul style="list-style-type: none"> • Side • Look • Back to front • Across body 	<ul style="list-style-type: none"> • Face front • Watch • Hand Back • Hitting zone • Back to front • Follow high
Jump	Kick	Gallop
<ul style="list-style-type: none"> • Bend ankles, knees and hips • Crouch forward • Arms back • Explode with legs • Swing upwards with arms • Look ahead and stretch out • Knees up and quiet on landing • Reach forward 	<ul style="list-style-type: none"> • Step forward • Plant foot • Balance on plant foot • "Wings" up • Kick/swing through the ball 	<ul style="list-style-type: none"> • Stagger feet • Point toes forward • Chase back toe to heel • Step forward