



## Cues for teaching FUNdamental Movement Skills

Run	Hop	Skip
<ul style="list-style-type: none"> <li>• Balls of feet</li> <li>• High knees</li> <li>• Bend elbows</li> <li>• Pump with arms</li> <li>• Hands move hips to lips (sprint)</li> </ul>	<ul style="list-style-type: none"> <li>• Head up</li> <li>• Bend ankles, knees and hips</li> <li>• Spring with legs</li> <li>• Swing with arms</li> <li>• Soft touch down</li> </ul>	<ul style="list-style-type: none"> <li>• Step-hop, step-hop</li> <li>• Keep back foot near the ground.</li> <li>• Opposite arm/leg</li> <li>• Land on toes first</li> </ul>

Dodge	Log Roll	Stork Stand
<ul style="list-style-type: none"> <li>• Head up</li> <li>• Get low</li> <li>• Push off</li> <li>• One step</li> <li>• Go left, go right</li> </ul>	<ul style="list-style-type: none"> <li>• Be as long as you can</li> <li>• Stiff like a pencil</li> </ul>	<ul style="list-style-type: none"> <li>• Head up</li> <li>• Arms at shoulder height</li> <li>• Foot flat against leg</li> <li>• Hold</li> </ul>

Dribble with Hands	Throw	Sidearm Strike
<ul style="list-style-type: none"> <li>• Head up</li> <li>• Opposite foot forward to dribbling hand</li> <li>• Cup the ball</li> <li>• Wave to the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Side</li> <li>• Look</li> <li>• Back to front</li> <li>• Across body</li> </ul>	<ul style="list-style-type: none"> <li>• Face front</li> <li>• Watch</li> <li>• Hand Back</li> <li>• Hitting zone</li> <li>• Back to front</li> <li>• Follow high</li> </ul>

Jump	Kick	Gallop
<ul style="list-style-type: none"> <li>• Bend ankles, knees and hips</li> <li>• Crouch forward</li> <li>• Arms back</li> <li>• Explode with legs</li> <li>• Swing upwards with arms</li> <li>• Look ahead and stretch out</li> <li>• Knees up and quiet on landing</li> <li>• Reach forward</li> </ul>	<ul style="list-style-type: none"> <li>• Step forward</li> <li>• Plant foot</li> <li>• Balance on plant foot</li> <li>• “Wings” up</li> <li>• Kick/swing through the ball</li> </ul>	<ul style="list-style-type: none"> <li>• Stagger feet</li> <li>• Point toes forward</li> <li>• Chase back toe to heel</li> <li>• Step forward</li> </ul>