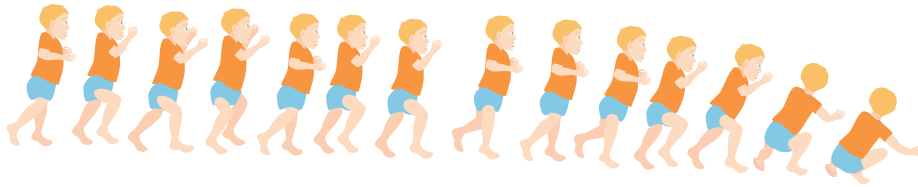


Fundamental Movement Skill - Running

Developmental sequences for running for 2 – 5 year old children



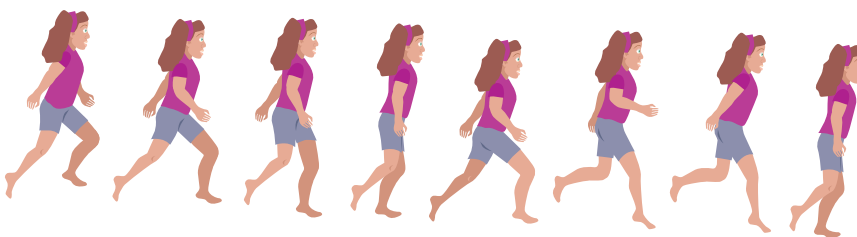
Stage One

- Arms high
- Flat footed
- Short stride



Stage Two

- Arms middle
- Mainly flat footed
- Longer stride



Stage Three

- Arms moving in opposition
- Heel-toe contact

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Age range for the components of running

- Hurried walk - 14-18 months
- First true run (no contact with surface, flight) – 2-3 years
- Efficient and refined run – 4-5

Development Matters - Physical Development: Moving and Handling...

30-50 months

- Moves freely and with pleasure and confidence in a range of ways, such as kicking.

Teaching strategies - Run

- Encourage high knee lifts using marching songs
- Practise swinging arms backwards and forwards like trains
- Run to pick up objects
- Show children how to slow down after running fast by leaning backwards

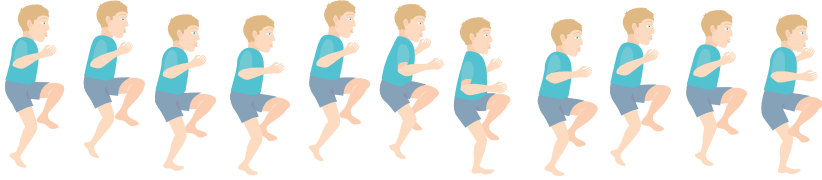
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Fundamental Movement Skill - Hopping

Developmental sequences for hopping for 2 – 5 year old children



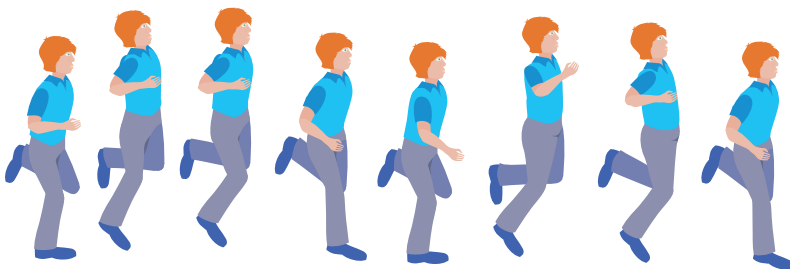
Stage One

- Non support foot in front with thigh parallel to floor
- Body straight



Stage Two

- Non support knee bent with knee in front and foot behind support leg.
- Slight body lean



Stage Three

- Non support knee behind support leg.
- More body lean
- Bilateral arm action

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Age range for the components of Hopping

- Hops up to 3 times on preferred foot – age 2-3
- Hops 4-6 times on same foot – age 3-4
- Hops 8-10 times on same foot – age 4-5
- Hops dist 15 m in about 11sec age 4-5

Development Matters Physical Development: Moving and Handling...30-50 months

Moves freely and with pleasure and confidence in a range of ways, such as hopping.

Teaching strategies - Hopping

- Provide activities that make use of their favourite foot
- Practise single leg balances
- Increase the number of hops
- Encourage the children to hop on either leg in different directions
- Challenge children to hop in patterns

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Fundamental Movement Skill - Jumping

Developmental sequences for jumping for 2 – 5 year old children



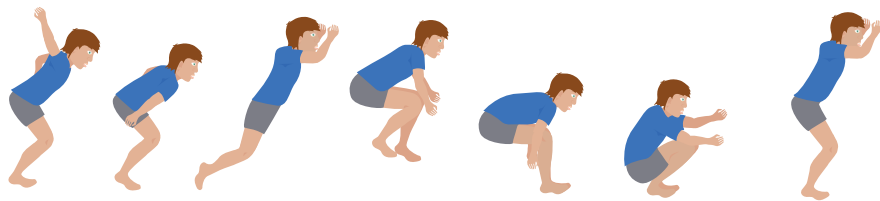
Stage One

- Limited arm swing
- Difficulty in using legs and feet at take off
- Body moves vertically



Stage Two

- Arms initiate the jump
- Arms remain forward of body during preparation
- Extension of legs more consistent



Stage Three

- Arms swing back & move forward from crouch
- Full extension of legs
- Body leans forward on landing

Age range for the components of jumping

- Jump down from object with one foot lead – 18-24 months
- Jumps off the floor with both feet –24-30 months
- Jumps 2 feet to 2 feet (about 1m) – 4-5 years old

Development Matters - Physical Development: Moving and Handling...30-50 months

Moves freely and with pleasure and confidence in a range of ways, such as jumping.

Teaching strategies - Jumping

- Emphasise the importance of the arm movement
- Use imagery – “can you uncoil like a spring?”
“Can you land as softly as a fairy?”
- Use guided discovery strategies -“What happens if..?”
“Can you jump further if..?”
- Challenge the children – “Can you jump as long as you are high?”

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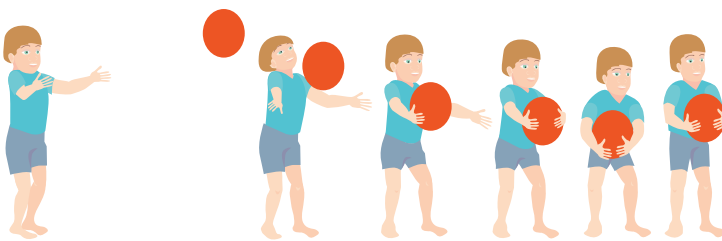
Fundamental Movement Skill - Catch

Developmental sequences for catching for 2 – 5 year old children



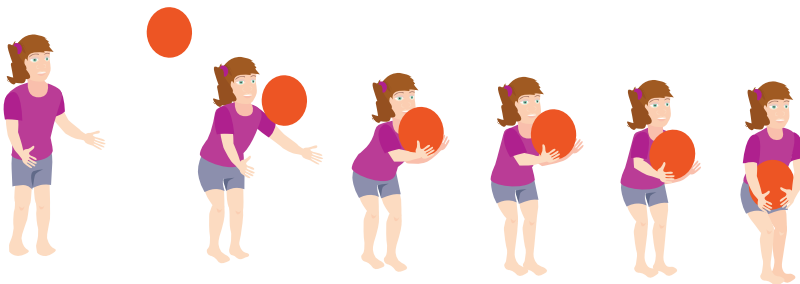
Stage One

- Feet stationary
- Delayed arm action
- Arms straight out in front



Stage Two

- Feet stationary
- Arms encircle ball as it approaches.
- Ball is hugged to chest



Stage Three

- Single step sometimes used to approach ball.
- Arms scoop the ball to chest.

Age range for the components of catching

- Responds to ball in air with delayed arm movements – 2-3
- Needs to be told how to position arms 2-5
- Scoop catch using body – 3-5
- Turns head away (fear) 3-5
- Catches using hands only (smaller object) 5-6

Development Matters Physical Development: Moving and Handling... 30-50 months

- “Can catch a large ball”
- Plan activities where children can practice moving in different ways and catching

Teaching strategies Catching

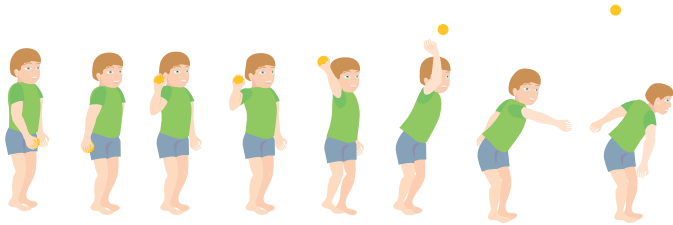
- Use balloon balls/ soft balls to give children time to track the ball
- Encourage catching in hands (not against body). Start with bounce and catch

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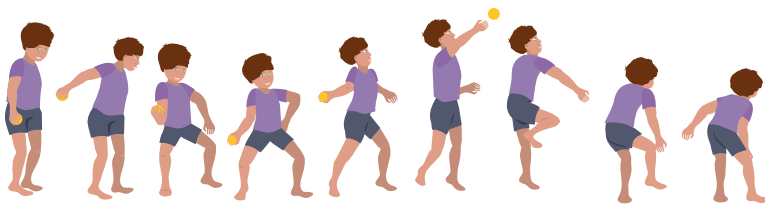
Fundamental Movement Skill - Throwing (Overarm)

Developmental sequences for throwing for 2 – 5 year old children



Stage One

- Feet remain stationary.
- Action is mainly from the elbow and resembles a push
- Follow through is forwards and downwards
- There is little or no trunk rotation



Stage Two

- Action of throw resembles a sling rather than a throw.
- Rotation of the body
- May step on either leg



Stage Three

- Arm is swung back and forwards high over shoulder
- Steps forward with same leg as throwing arm
- Body and shoulders turn toward throwing side

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Age range for the components of throwing

- Body faces target, feet stationary, object thrown with forearm extension only – 2-3
- Same as above but with body rotation – 3 – 5
- Step forward with same leg as throwing arm – 4-5
- Mature throwing pattern – 4-6

Development Matters - Physical Development: Moving and Handling... 30-50 months

- Moves freely and with pleasure and confidence in a range of ways, such as throwing.

Teaching strategies - Throw

- Concentrate on throwing for distance rather than accuracy
- Provide a cue indicating which foot should step forward
- Challenge the children to throw greater distances and accuracy.
- Practise a run up

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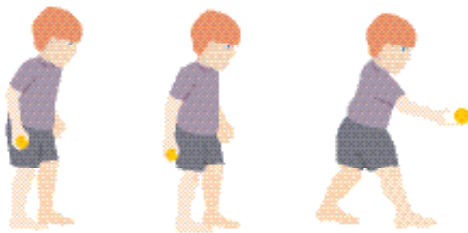
Fundamental Movement Skill - Underarm Throw

The underhand or underarm throw is useful for short distances, particularly when accuracy is important. It is used in several games and is the only throw permitted for a softball pitcher to the batter. A similar action is used to serve in volleyball and badminton.



Immature

- Ball is held with in one hand
- Feet together or close together
- Forward arm swing and body lifts with release of ball
- Limited follow through of arm



Developing

- Eyes monitor target and ball
- Ball held in front of body
- Steps forward with same foot as throwing arm
- Forward arm swing



Mature Throw

- Head and body stable, eyes focused on target area
- Steps forward with opposite foot to throwing arm
- Well timed release
- Follows through with straight arm

Teaching prompts

- Face direction of the throw
- Eyes on the ball
- Step forward with opposite foot to throwing hand
- Follow through with arm, fingers pointing towards target

Teaching Strategies

- Use appropriately sized equipment for the child and the activity. Large playground balls are difficult for children to control with one hand. Use different equipment i.e. beanbags, kooshballs shuttlecocks and balls.
- increase the distance of the throw towards a target
- Increase the accuracy of the throw to targets of decreasing sizes
- After mastering the basic pattern work towards increasing distance and accuracy

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