

THE MOOVKIDS FUNDAMENTAL MOVEMENT SKILLS

GROSS MOTOR SKILLS

SPATIAL SKILLS

STATIC BALANCE

STANDING
IN PLACE

BODY
BALANCES

PARTNER
BALANCES

DYNAMIC BALANCE

TUMBLING

STOPPING

DODGING

LANDING
AFTER A JUMP

AXIAL STABILITY

BENDING

TWISTING

TURNING

SWINGING

STRETCHING

MANIPULATIVE SKILLS

PUSHING
PULLING
LIFTING
KICKING
STRIKING
THROWING

BOUNCING
CATCHING
DRIBBLING
ROLLING
VOLLEYING

LOCOMOTIVE SKILLS

GALLOPING

HOPPING

JUMPING

LEAPING

RUNNING

SKIPPING

WALKING

SPATIAL AWARENESS

BODY
POSITIONING

DIRECTIONAL
AWARENESS

GAUGING
DISTANCE
&
TIMING

STABILITY SKILLS