

PE · PRE-K / GRADE 1

Fundamental Movement Skills

Build the foundation for every sport

10 fundamental movement skills

Skill	How to coach it
Run	Heel-to-toe, look ahead, swing arms, breathe steady.
Jump	Bend knees, swing arms, land soft on bent knees.
Hop	One foot lands, other stays up. Both arms balance.
Skip	Step-hop on one foot, then step-hop on the other.
Gallop	Same foot leads, the other catches up.
Throw	Step forward with the opposite foot. Follow through.
Catch	Watch the ball, hands ready, give as it arrives.
Kick	Plant non-kicking foot beside the ball. Strike with laces.
Strike	Eyes on the ball. Step into the swing.
Balance	Eyes fixed on a still point. Tighten core. Breathe.

Why this matters

Children who don't develop these by around age 8 often struggle in sport later. They're not 'born clumsy'. They just need play, practice and patience. Free play in the park does most of this work — but PE lessons can fill the gaps for any child whose home life doesn't include enough movement.

