Activity sheet

# Activity: Fundamental Movement Skills (From Castle and Buckler, 2021: 110)

Consider the twelve fundamental movement skills identified by Gallahue and Ozmun (2011).

Collect evidence of the following skills for different children. In terms of evidence, this may consist of three ‘successful’ sightings of each fundamental movement skill, or you may want to record the date the skill was observed, and so on. You may decide to adapt this form or create a new one.

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|  | **Locomotor Skills** |
| **Student Name** | **Running** | **Galloping** | **Hopping** | **Jumping** | **Leaping** | **Sliding** |
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|  | **Object Control Skills** |
| **Student Name** | **Striking** | **Throwing** | **Kicking** | **Catching** | **Stationary dribbling** | **Underhand rolling** |
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