IF YOU CAN...





Walk



Hiking - Gardening - Walks with my Family





Run



Cross Country - Rounders - **Scavenger Hunt**





Hop



Hopscotch - Dancing - American Football





Skip



Boxing - Zumba - Jump Rope





Jump High



Trampolining - Basketball - Martial Arts



...AND MUCH MORE!





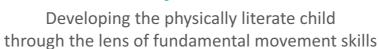














IF YOU CAN...

FUNDAMENTAL MOVEMENT SKILLS



Jump Far



Athletics - Cricket -Orienteering





Side Step



Table Tennis - Tennis -Badminton





Dodge



Playground Games -Rugby - Lacrosse





Balance



Cycling - Yoga -**Horse Riding**





Land



Gymnastics -**Hurdling - Surfing**



...AND MUCH MORE!

















Developing the physically literate child through the lens of fundamental movement skills



IF YOU CAN...





Throw



Water Polo - Juggling - Bowling

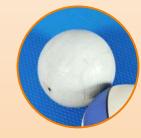




Strike with the Hand



Kinball - Spikeball - Handball





Strike with an Implement



Golf - Hockey - Hurling/Camogie





Catch



Gaelic Football - Frisbee - Baseball





Kick



Footgolf - Soccer - Aussie Rules



...AND MUCH MORE!













Move Well, Move Often:

