

## Move Well, Move Often

Developing the physically literate child through the lens of Fundamental Movement Skills

FUNDAMENTAL MOVEMENT SKILLS

WALKING

RUNNING

HOPPING

SKIPPING

JUMPING FOR HEIGHT

JUMPING FOR DISTANCE

DODGING

SIDE-STEPPING

BALANCING

LANDING

CATCHING

THROWING

KICKING



A

A

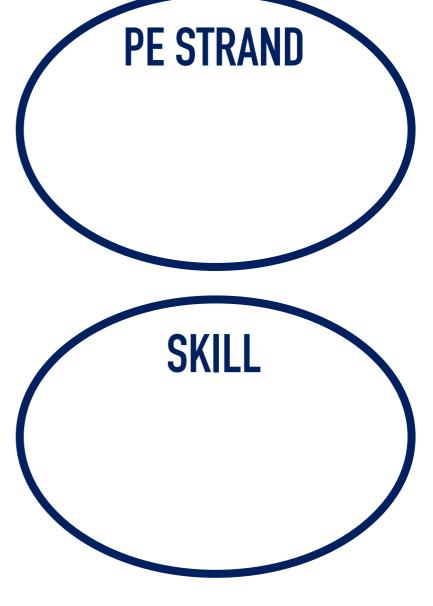
STRIKING WITH THE HAND

STRIKING WITH AN IMPLEMENT

## **PHYSICAL EDUCATION STRANDS**



## We are focusing on:



www.pdst.ie/physlit www.scoilnet.ie/pdst/physlit

