

## FUNDAMENTAL MOVEMENT SKILLS – PHASES OF MOVEMENT

Running	Jumping	Kicking	Striking
<b>Preparation</b> <input type="checkbox"/> Body position – body lean <input type="checkbox"/> Hip action – range of motion <input type="checkbox"/> Knee action – range of motion <input type="checkbox"/> Arm action – range of motion	<b>Preparation</b> <input type="checkbox"/> Leg bend <input type="checkbox"/> Arm action <input type="checkbox"/> Body lean	<b>Preparation</b> <input type="checkbox"/> Approach to the ball <input type="checkbox"/> Backswing of the kicking leg <input type="checkbox"/> Placement of the non-kicking foot	<b>Preparation</b> <input type="checkbox"/> Stand sideways to the ball <input type="checkbox"/> Backswing — up and back <input type="checkbox"/> Trunk rotation <input type="checkbox"/> Head and eyes facing the ball
<b>Force Production</b> <input type="checkbox"/> Body position – body lean <input type="checkbox"/> Hip action – range of motion <input type="checkbox"/> Knee action – range of motion <input type="checkbox"/> Arm action – range of motion	<b>Force Production</b> <input type="checkbox"/> Forceful forward swing of arms <input type="checkbox"/> Forceful extension of the hip and knee	<b>Force Production</b> <input type="checkbox"/> Which joints are involved (knee? hip?) <input type="checkbox"/> Range of motion?	<b>Force Production</b> <input type="checkbox"/> Forceful swing using the hips, trunk, shoulders, elbow, and wrist in sequence <input type="checkbox"/> Are all joints used?
<b>Critical Instant</b> <input type="checkbox"/> Body position – body lean <input type="checkbox"/> Hip action – range of motion <input type="checkbox"/> Knee action – range of motion <input type="checkbox"/> Arm action – range of motion <input type="checkbox"/> Push-off with foot - strong or weak?	<b>Critical Instant</b> <input type="checkbox"/> Push of the jumping feet on the floor <input type="checkbox"/> Angle of take-off	<b>Critical Instant</b> <input type="checkbox"/> Position of non-kicking foot at kick <input type="checkbox"/> Exact part of the body that kicks the ball	<b>Critical Instant</b> <input type="checkbox"/> Point of contact of the bat on the ball <input type="checkbox"/> Solid grip on the bat on contact <input type="checkbox"/> Swing through the ball
<b>Recovery</b> <input type="checkbox"/> Body position – body lean <input type="checkbox"/> Hip action – range of motion <input type="checkbox"/> Knee action – range of motion <input type="checkbox"/> Arm action – range of motion	<b>Recovery</b> <input type="checkbox"/> Body position (lean) in the air <input type="checkbox"/> Preparation for landing	<b>Follow-through</b> <input type="checkbox"/> Position of kicking leg	<b>Follow-through</b> <input type="checkbox"/> Arms extend and go in the direction you want the ball to go <input type="checkbox"/> Hips rotate <input type="checkbox"/> Weight transfers forward

Source: NCCP Fundamental Movement Skills Workshop, CAC 2011