## **HANDOUT 10**

## Fundamental Movement Skills Developmental Sequences

# Selected Developmental Sequences

## **Locomotor Skills**

# Sample Developmental Sequence of Running



#### **Exploring level**

Child runs with feet flat Arms are at the waist and move side to side Small steps, little bend of knees and little reach with legs



Child runs alternating flat feet with heel to toe action

Bigger strides

Arms are down to the side

Knees bend less than 90 degrees Inconsistency





#### Integration level

Child runs showing opposition of arms and legs and heel to toe action Knees bend more than 90 degrees in recovery Increased speed, body leans forward Consistency

# Sample Developmental Sequence of Jumping



## **Exploring level**

Child brings arms back on takeoff Legs do not completely extend Body bends Small vertical jump



Child brings arms sideways on the takeoff Arms do a complete circle at takeoff Body leans forward and jumps forward Body and legs flexed during flight phase Lands on hands and feet Inconsistency





#### Integration level

Child swings arms forward over head Body gets extended during the flight phase, jump is diagonal Lands on feet Consistency



## Sample Developmental Sequence of Hopping



#### **Exploring level**

Child holds hopping leg up with leg parallel to the floor. Body erect. Difficult to maintain leg up and hop.



Hopping leg flexed and moves up and down

Forceful hops; arms pull up

Body leans forward too much

Leg hangs behind the body

Arms uncoordinated

Inconsistency



#### Integration level

Child swings leg as in a pendulum action. Shows opposition of arm and leg. Smooth, rhythmical hopping. Body leans forward.

Consistency



# Sample Developmental Sequence of Skipping



## **Exploring level**

Child has difficulty alternating feet. May hop, step, or run while trying.

Arms bilateral and uncoordinated.

# DEVELOPING

Deliberated skip

High skips

Arms used to pull body up

Slow rhythm

Arm used bilaterally

Uneasy skips

Inconsistency





## Integration level

Child shows smooth alternative skip. Smooth and rhythmical pattern. Arms used contralaterally in opposition to legs.

Consistency

# **Fundamental Manipulative Skills**

# Sample Developmental Sequence of Catching



## **Exploring level**

Child is stationary and usually misses the ball



Child begins to use hands, arms, and chest to successfully catch the ball

May step toward the ball

Begins to catch with hands only

Inconsistency





#### Integration level

Child usually moves feet to catch successfully, using hands only

Consistency catching

# Sample Developmental Sequence of Throwing



#### **Exploring level**

Child is stationary and usually brings arm up, flexed or extended, and throws down with arm action only



Child begins to homo-laterally step

Arm windup upward and moves down during the throw

Arm moves upward during windup and sideways during the throw, sometimes body rotates (block rotation of body)

Homo-laterally steps and may maintain straddle position for several throws

Homo-lateral and contra-lateral steps (inconsistency). Throws facing target.

Big step is contra-lateral most of the time; side faces target.



## Integration level

Arm windup down; back below waist.

Throw showing arm lag, lower body rotates first, then upper body (sequential rotation)

Consistency





## Sample Developmental Sequence of Kicking



## **Exploring level**

Child is stationary, usually pushes ball with one foot, and steps back quickly to catch balance.



Child swings leg back before kicking. Shows better balance.

Child steps toward the ball and kicks.

Child makes few steps and kicks forcefully with opposition of arm and leg.

Inconsistency





## Integration level

Child approaches the ball running or with few steps, leaps before kicking, and hops after the kick. Shows contra-lateral opposition of arm and leg. Forceful kicking.

Consistency

# Sample Developmental Sequence of Striking



## **Exploring level**

Child is stationary and holds the bat with one or two hands.

Striking action goes from top down in "choppy" action.



Child may step and rotate around with the swing.

Child steps homo-laterally and may swing diagonally,

Child steps contra-laterally, swings horizontally.

Body rotates as a unit (block rotation).

Inconsistency





#### Integration level

Child's body is sideways in preparation to strike.

Steps contra-laterally and rotates lower body first, then upper body.

Swing is horizontal and makes contact with ball.

Consistency