

## 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**

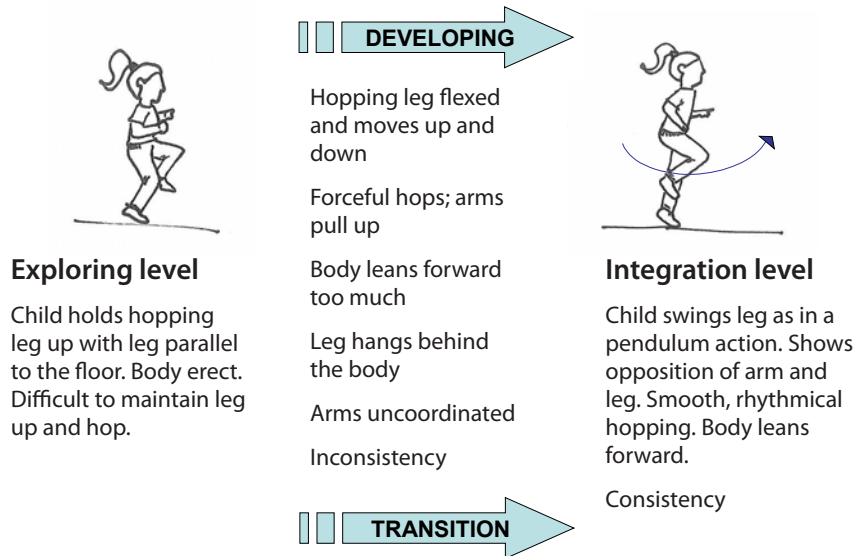
Child swings arms forward over head  
Body gets extended during the flight phase, jump is diagonal  
Lands on feet  
Consistency



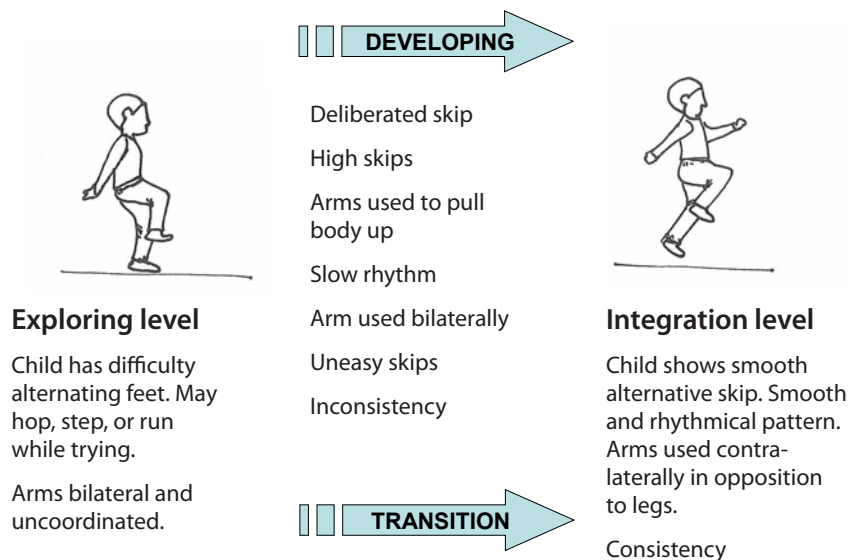
Designed by Clersida Garcia and illustrated by Xuyen Garcia, 2010.



## Sample Developmental Sequence of Hopping



## Sample Developmental Sequence of Skipping



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## 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.

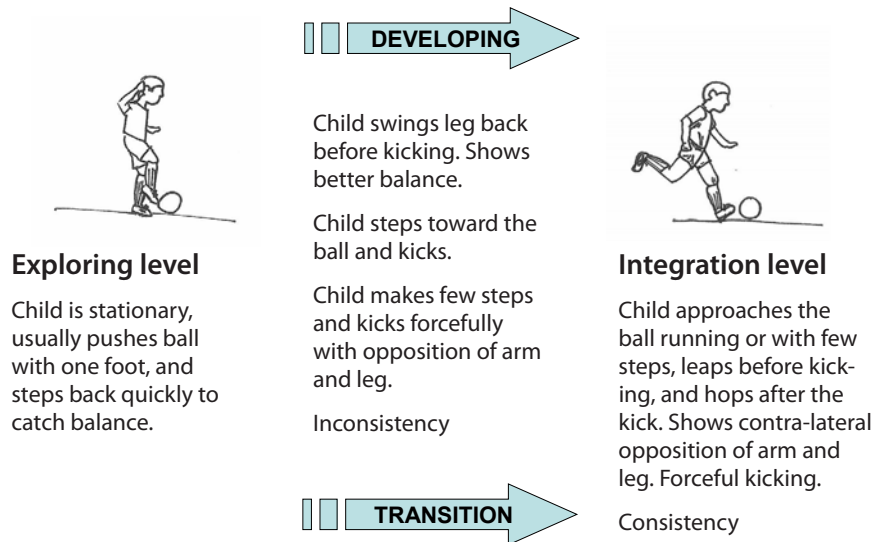
Throw showing arm lag, lower body rotates first, then upper body (sequential rotation)

Consistency

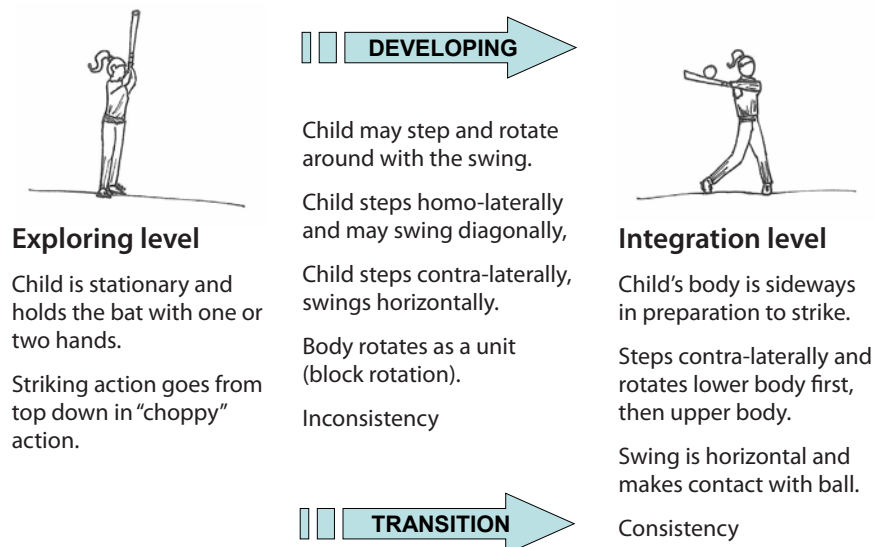
Designed by Clersida Garcia and illustrated by Xuyen Garcia, 2010.



## Sample Developmental Sequence of Kicking



## Sample Developmental Sequence of Striking



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