



Balance

Balance is the ability to maintain a controlled body position during task performance.

Age appropriate balance and coordination allows the child to be involved in sport participation with a reasonable degree of success, as it aids fluid body movement for physical skill performance. Involvement in sport is helpful in maintaining self regulation for daily tasks, as well as developing a social network and achieving a sense of belonging in a community or social setting. It also helps children develop and maintain appropriate controlled body movement during task performance which, when effective, limits the energy required thus minimising fatigue.



Running

The ability to run is the key to many games, sports and everyday activities. It is essential that children are taught the correct technique for running and provided with plenty of opportunities to practice. This is a skill that will be used across a child's lifetime. Not only can running help

them stay fit and healthy, it can also teach children valuable life lessons and skills that will translate into other areas. From improved self-confidence and discipline, to better sleep and more family bonding.



Jumping

Movements like jumping and hopping are not natural movements to a child, these skills need to be practiced as much as any other movement skill, to develop balance and agility. Jumping and hopping help to create a leaner, more flexible body, and children who get time to jump or hop

when playing are happier and healthier, which can help improve mental health. When children jump or hop, it involves virtually all major muscle groups in the body. The core muscles are used to both jump and land alike.



Kicking

The ability for a child to kick paves the way for better coordination and balance ability. It is also a good indicator for physical development, as children are often evaluated on their kicking skills during physical activity classes. Learning to kick correctly improves arm and leg

muscle strength, increases fitness and sharpens foot-eye coordination. Learning to kick requires the child to be able to balance on one leg (the non-kicking leg) whilst simultaneously swinging through the kicking leg to strike the ball. Kicking is a whole body action which also involves the use of the arms and hips to provide power.



Agility

This is the body's ability to be quick, graceful and nimble. It is how effectively and efficiently you can move, change direction and position your body while maintaining control. Developing a good level of agility helps towards injury prevention. Many injuries happen when the body falls out of alignment in motion, good agility increases balance, control and flexibility, allowing the body to maintain proper posture and alignment during movement.



Throwing

This important fundamental movement skill has many variations, including the underhand throw, overhand throw, roll and the two handed throw. When children practise ball skills like these, they'll notice their skills improving. This helps children understand that they can learn and get better at something if they try. Throwing balls helps to improve hand-eye coordination, bilateral skills, fitness & health, but also social skills, as many ball games are played in social groups.



Catching

Catching is a skill that is closely associated with throwing, yet extremely different in nature. Relying on the ability of the eye to track an object, this skill involves absorbing and controlling the force of the object with a part of the body, usually the hands. Catching balls helps to improve hand-eye coordination, bilateral skills, fitness & health, but also social skills, as many ball games are played in social groups.