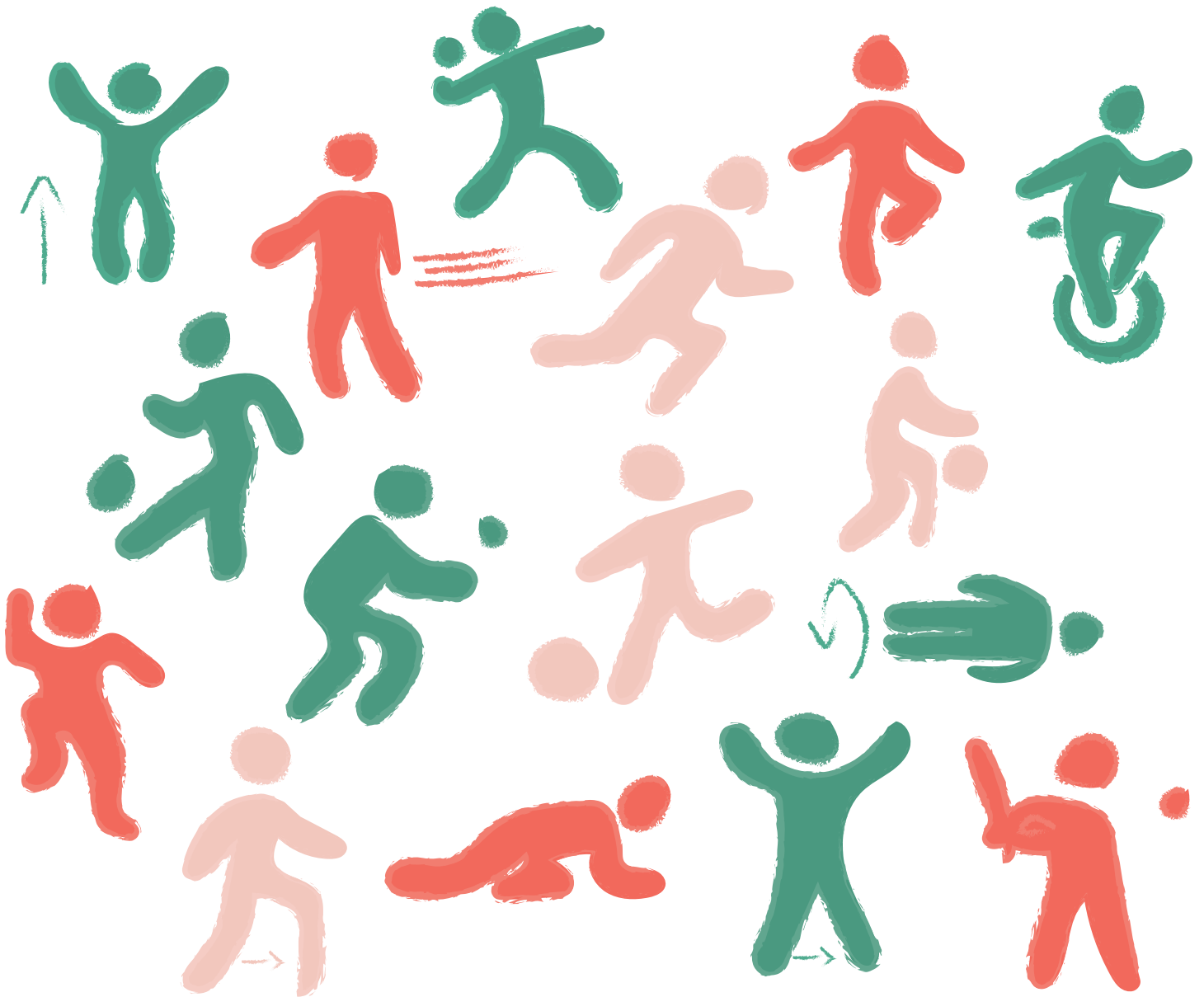


# BASIC MOTOR SKILLS

FUNDAMENTALS TO GET MOVING!

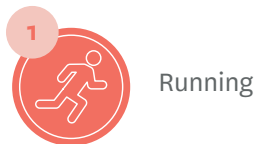


Are you familiar with the basic motor skills highlighted by the Power Up program? They consist of different movements used in the practice of physical activity (running, balancing, throwing, etc.). Before planning a sports activity with your campers, break it down into several basic motor skills that they can practice individually. Always start with the basics to help your campers develop their self-confidence and motivation!

# DISCOVER THE LIST OF POWER UP'S BASIC MOTOR SKILLS, PER CATEGORY.

To learn the definitions of the skills listed below, go to page 4!

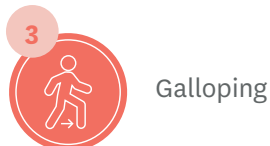
## Movement skills



Running



Jumping



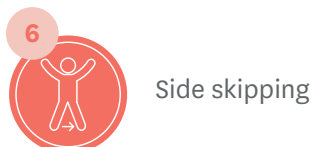
Galloping



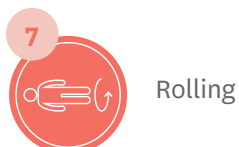
Skipping



Crawling



Side skipping



Rolling

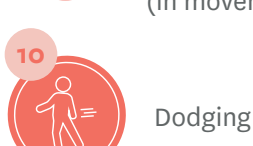
## Balancing skills



Maintaining static balance



Maintaining dynamic balance (in movement)

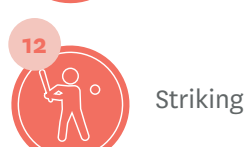


Dodging

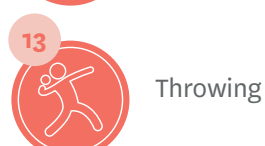
## Handling skills



Catching



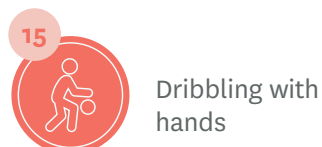
Striking



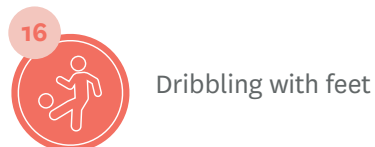
Throwing



Kicking



Dribbling with hands



Dribbling with feet

Basic motor skills combined with self-confidence and motivation enable the development of what is called **physical literacy**.

Physical literacy allows your campers to:

- Develop the joy of being active, for the rest of their lives!
- Become active in a sustainable way!

# DEVELOPMENT OF BASIC MOTOR SKILLS

Discover in this section different ways to develop basic motor skills. Make sure you don't always use the same one! Vary the types of movement in your activities.



## Running

- Zigzag
- As fast as possible
- Jogging
- Backwards



## Jumping

- Horizontally with or without a run-up
- Vertically with or without a run-up
- Sideways
- From one foot to the other
- From a crouching position
- Frog jump
- With both feet together
- On one foot



## Galloping

- Dominant foot forward
- Non-dominant foot forward



## Skipping

- Forwards
- Backwards



## Crawling

- On your stomach
- With your hands
- Without your hands
- On your hands and knees
- On your forearms
- Crab-style
- Forwards
- Backwards
- Sideways



## Side skipping

- Dominant foot forward
- Non-dominant foot forward



## Rolling

- On your stomach and back
- Forwards
- Backwards



## Maintaining static balance

- On one leg
- On an unstable surface
- Eyes open
- Eyes closed



## Maintaining dynamic balance

- While walking in a straight line
- In movement (while rotating)



## Dodging

- Backwards
- Sideways



## Catching

- With one hand
- With both hands
- With an object



## Striking

- With an object
- With a part of the body



## Throwing

- With one hand
- With both hands
- Underhand
- Overhand
- Overhand with both hands



## Kicking

- With the dominant foot
- With the non-dominant foot



## Dribler avec les mains

- With the dominant hand
- With the non-dominant hand
- With both hands
- Alternating between hands
- In place
- In movement



## Dribbling with the feet

- With any part of the foot (handle the ball)
- With the dominant foot
- With the non-dominant foot



## DEFINITION OF BASIC MOTOR SKILLS



### **Running**

To move quickly, leaning on one foot, then on the other, pushing forward with one leg, then with the other.



### **Jumping**

To leave the ground or a surface by pushing off and then landing on the ground or surface.



### **Galloping**

To move while keeping the same foot at the front. The back foot “chases” the front foot. The toes point forward.



### **Skipping**

Combination between the step and the jump that allows you to move by taking a small jump at each step, while alternating the feet.



### **Crawling**

To slowly move the body forward, close to the ground, using the hands and/or feet.



### **Side skipping**

To move sideways without crossing the legs. When moving to the right, the left foot “chases” the right foot, and vice versa.



### **Rolling**

To move by turning over and over on yourself.



### **Maintaining static balance**

To keep your body immobile in a fixed position.



### **Maintaining dynamic balance**

To keep your body balanced while in movement.



### **Dodging**

To avoid an opponent or an object with one part of the body or the whole body.



### **Catching**

To grab hold of an object in movement with the hands, legs or another part of the body.



### **Striking**

To hit an object to set it in motion.



### **Throwing**

To project an object in a pre-determined direction.



### **Kicking**

To strike an object with your foot to set it in motion.



### **Dribbling with the hands**

To tap a ball with one or two hands to make it bounce.



### **Dribbling with the feet**

To tap a ball with the feet or part of the foot to make it bounce or advance slowly.

