

FUNDAMENTALS CHECKLIST

- Practice becoming more proficient in fundamental movement skills before more sport-specific skills are introduced.
- Emphasize the overall development of the child's physical capacities, fundamental movement skills and the ABC'S of athleticism: agility, balance, coordination and speed
- Teach appropriate and correct running, jumping and throwing techniques.
- Introduce basic flexibility exercises.
- Develop speed, power and endurance using games.
- Encourage participation in a wide range of sports.
- Develop linear, lateral and multi- directional speed with short bursts of activity (less than five seconds), allowing for full recovery between repetitions.
- Include strength training exercises using the child's own body weight.
- Ensure that sporting and disability equipment are size, weight and design appropriate and that communities explore ways to share and provide access to appropriate equipment.
- Introduce very simple mental skills.
- Ensure that activities change during the school year and are enhanced by multi-sport camps during summer and winter holidays.
- Participate once or twice a week in a preferred sport, so long as there is participation in many other sports or activities three or four times per week.