

Fundamental Movement Skills Yearly Planner

Practice these 13 skills with fun games throughout the year.
Click each icon below to see the correct technique and a related activity.
For more activity ideas, see the Munch & Move website



JANUARY

Running



FEBRUARY

Jumping



MARCH

Catching



APRIL

Kicking



MAY

Hopping and Skipping



JUNE

Underarm throwing



JULY

Galloping



AUGUST

Striking a stationary ball



SEPTEMBER

Leaping



OCTOBER

Stationary dribbling



NOVEMBER

Side-sliding



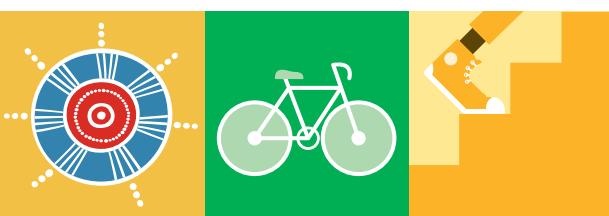
DECEMBER

Overarm throwing



Locomotor skills

Manipulative skills



For more ideas and inspiration, scan the QR code to visit our Munch & Move website.