

# Fundamental Motor Skills Challenge

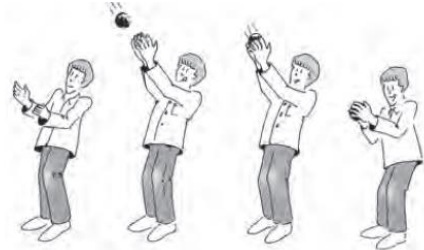
Try the challenges below and tick the I can statements when you achieve them:

## Overarm Throw



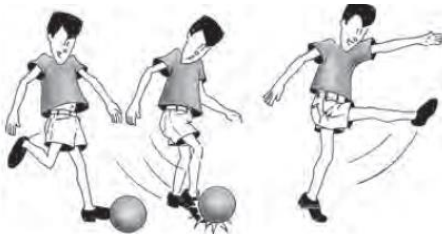
- ☐ I can throw to a target 5 steps away
- ☐ I can throw to a target 10 steps away
- ☐ I can throw to a big target 5 times in a row
- ☐ I can throw to a small target on a wall
- ☐ I can throw to a small target on a wall 5 times in a row

## Catch



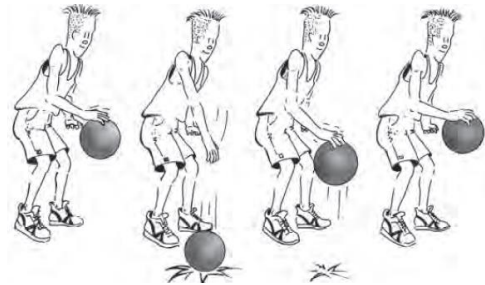
- ☐ I can throw a ball up in the air and catch it 5 times
- ☐ I can throw a ball at a wall and catch it with 2 hands
- ☐ I can throw a ball at a wall and catch it with 1 hand
- ☐ I can catch a high ball above my head
- ☐ I can jump and catch a ball in the air

## Kick



- ☐ I can kick a ball into a big goal
- ☐ I can kick a ball into a small goal
- ☐ I can kick a ball into a small goal 5 times in a row
- ☐ I can kick a ball into a goal with a run up
- ☐ I can kick a ball around an obstacle into a goal (bend the ball around a defender!)

## Bounce



- ☐ I can bounce a ball 10 times in a row with my fingertips
- ☐ I can bounce a ball 10 times in a row without looking at the ball
- ☐ I can bounce a ball 10 times in a row alternating hands (left-right-left...)
- ☐ I can bounce a ball at below knee height to hip height
- ☐ I can bounce a ball through my legs