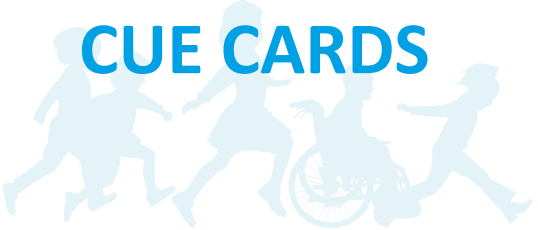
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FUNDAMENTAL MOVEMENT CUE CARDS



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GALLOP

Indigenous language _____

- Step forward with lead foot
- Push off with back foot to meet lead foot but not pass it (kick heel with toe)
- Close feet “step” together
- Arms at side for balance

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JUMP

2 feet to 2 feet

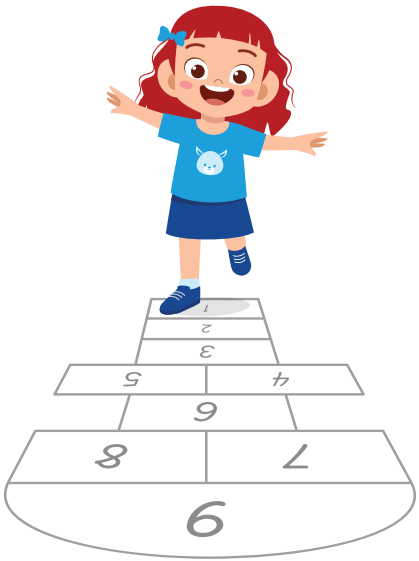
Indigenous language

- Stand with feet shoulder width apart
- Knees slightly bent in a ‘ready position’
- Arms swing back then forward for momentum (as you bend down)
- Both feet take off and land at the same time
- Push off your toes to generate power
- Land softly by bending your knees

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HOP

Indigenous language _____

- Balance on one foot
- Keep non-hopping foot bent with your foot held off the ground behind you
- Arms swing back then forward to maintain momentum and balance
- Bend knee on take off and landing
- Swing leg forward with arms

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SKIP

Indigenous language

- Step forward and perform a hop while driving the other knee up and repeat on the other foot
- Alternate a step–hop, step–hop pattern
- Swing your arms–opposite arm to leg

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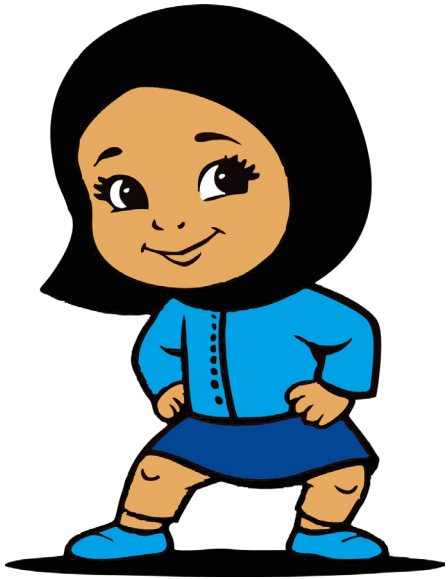
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SLIDE

Indigenous language _____

- Face sideways with feet shoulder width apart
- Bend your knees slightly
- Step sideways with your front-leading foot in the path you want to move
- Back foot meets lead foot
- Repeat a slide together–slide together pattern without crossing your legs



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LEAP



Indigenous language

- Start facing forward and use running steps to lead into the leap
- Take off on one foot and stretch out in the air in a split lunge position and land on the opposite foot
- Cushion your landing by bending your knees
- Keep your head up and eyes looking forward

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RUN

Indigenous language

- Keep your head up and eyes looking forward
- Lift your knees to create power
- Pump your arms at 90 degrees–opposite arm to opposite leg
- Elbows to hips, thumbs to lips
- Land softly on the balls of your feet not your heels

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WALK

Indigenous language

- Keep your head up and look forward
- Step forward, land with your heel first, then roll onto your toes and repeat on the other foot
- Arms swing opposite to your legs

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WHEEL

Indigenous language

- Hands on wheels–keep a firm, comfortable grip
- Push wheels forward, then release and repeat to move smoothly
- Look ahead watching for people or obstacles while pushing with both hands to move forward
- Control your speed and turn with control pushing the wheel opposite of the direction you would like to turn

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BALANCE



Indigenous language _____

- Stand tall, body straight and eyes up
- Hold arms out wide for stability
- Keep stomach tight, body strong, keep steady
- Focus eyes on one spot to help balance
- Stay still as a statue with no movement

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BEND



Indigenous language

- Keep feet planted
- Bend at knees, hips and waist
- Let arms reach down or to the side
- Move slowly and with control
- Return tall to standing position

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SQUAT

Indigenous language

- Plant feet flat, shoulder width apart
- Bend knees and hips at the same time
- Keep chest up and back straight
- Lower body until legs make a sitting shape
- Keep feet planted, knees do not extend toes
- Return to stand straight position



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PUSH



Indigenous language _____

- Keep feet steady and strong
- Place arms in front, palms open
- Bend elbows ready to extend arms
- Use stomach and back muscles for strength
- Push forward in smooth, steady motion
- Finish with arms straight in front

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PULL

Indigenous language _____

- Plant feet steady and strong
- Reach arms forward
- Bend elbows pulling in
- Use back and stomach muscles for strength
- Bring hands close to chest
- Pull slowly with control



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REACH

Indigenous language _____

- Keep feet planted and body stable
- Stretch tall, reach up as high as you can
- Reach wide extending arms out to sides
- Reach low bending knees or waist
- Eyes follow hands, look towards reach
- Stretch long with slow controlled movements



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TWIST



Indigenous language _____

- Keep feet planted
- Stomach strong and tight for control
- Twist at the waist, move shoulders and arms
- Eyes follow twist direction
- Move in a controlled and smooth motion
- Return to starting position

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TURN



Indigenous language

- Rotate body around a fixed point
- Keep body stable and balanced
- Extend arms out to maintain control during turn
- Return to starting position

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THROW

Overhand



Indigenous language

- Eyes looking at the target
- Turn your body sideways, with your non-throwing shoulder facing the target
- Bring your throwing arm behind your head
- Step forward with your opposite foot to your throwing hand
- Twist your body by rotating your hips and shoulders
- Snap your wrist at release and follow through across your body

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TOSS

Underhand

Indigenous language

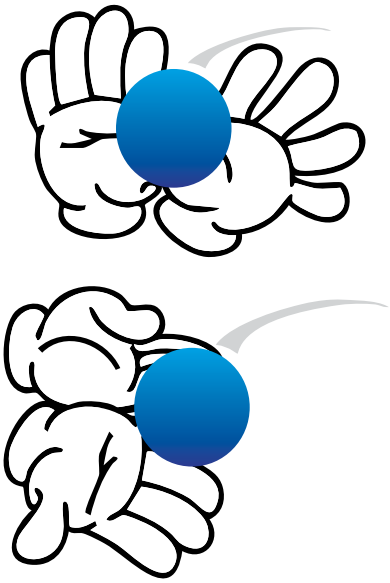
- Eyes looking at the target
- Step forward with the opposite foot of your tossing hand
- Swing your arm back then forward in a smooth motion toward the target
- Follow through by extending your arm aiming at the target, transferring your weight from back to front foot



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CATCH

Indigenous language

- Keep your eyes on the ball
- Reach out by extending your arms towards the ball
- Relax your hands to absorb the catch
- Catching above the waist–fingers up, thumbs together and facing down
- Catching below the waist–fingers down, pinkies together–thumbs up
- Bend your elbows and bring the ball towards your body

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STRIKE

Forehand

Indigenous language

- Keep your eyes on the ball
- Turn your body sideways, with your non-dominate shoulder facing the target
- Pull your arm back to prepare for swing
- Step with your front foot and swing from low to high
- Follow through in the direction of the target

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STRIKE

Backhand

Indigenous language _____

- Keep your eyes on the ball
- Turn your body sideways with your dominate shoulder facing the target
- Pull your arm back to prepare for swing
- Step with your front foot and swing across your body from back to front
- Follow through in the direction of the target

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TRAP & DRIBBLE

Soccer

Indigenous language _____

- Keep your eyes on the ball
- Meet the ball using the inside of your foot, chest or thigh
- Cushion the ball to absorb the momentum and push toward the ground
- Dribble the ball using the inside of your foot keeping your eyes up
- Use soft taps and keep the ball close
- Connect with the ball using the inside of each foot

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KICKING

Soccer

Indigenous language

- Keep your eyes on the ball
- Plant your non-kicking foot beside the ball
- Strike with the inside of your foot for accuracy or top of your foot for power
- Follow through by swinging through the ball towards the target

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PASSING

Basketball

Indigenous language _____

CHEST PASS

- Hold ball in both hands, chest height, thumbs toward your chest
- Step forward, extend arms and snap your wrist to pass the ball in a straight line to your partner's chest
- Finish with arms in front at chest height

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PASSING

Basketball

Indigenous language _____

BOUNCE PASS

- Hold ball in both hands at chest height
- Step forward, extend your arms and snap your wrist down to bounce the ball forward to your partner
- Finish with arms in front at thigh height
- Aim the ball at bouncing 60-70% of the distance to your partner

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THROW

Frisbee

Indigenous language _____

GRIP

- Thumb on top and fingers on bottom



THROW

- Bring the frisbee across your body, step, point, snap your wrists and follow through to target

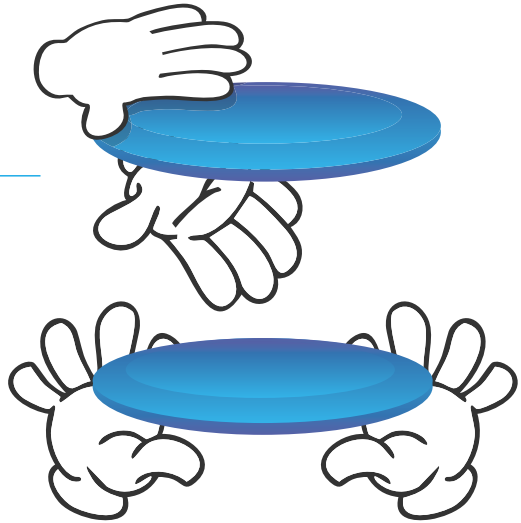
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CATCH

Frisbee



Indigenous language

ALLIGATOR SNAP

- With both hands, grab the frisbee top and bottom

CRAB CLAWS

- With both hands, grab the frisbee between your thumbs and fingers

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