**Fundamentals & Locomotor Skills – Skills Ladder**

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| **Fundamentals** |
| I can run, jump, hop, skip & side gallop in multiple directions, moving mainly without rhythm & without upper and lower body coordination |
| I can sometime balance with tension & control on large body parts (Finding small body part balances difficult) |
| I can send objects towards a target with minimal accuracy |
| I can trap an object sent by myself or a partner, some of the time |
| I can catch large balls some of the time |
| I can play simple games on my own |

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| **Locomotor Skills** |
| I can run, jump, hop, skip, leap & side gallop in multiple directions, moving rhythmically, coordinating the upper & lower body all the time |
| I can balance with tension & control on large and small body parts |
| I can send objects towards a target or partner with accuracy |
| I can trap objects sent by a partner when the object is not directly approaching me |
| I can catch large, medium & small balls when thrown by myself & others |
| I can play simple games with a partner or within a small group |