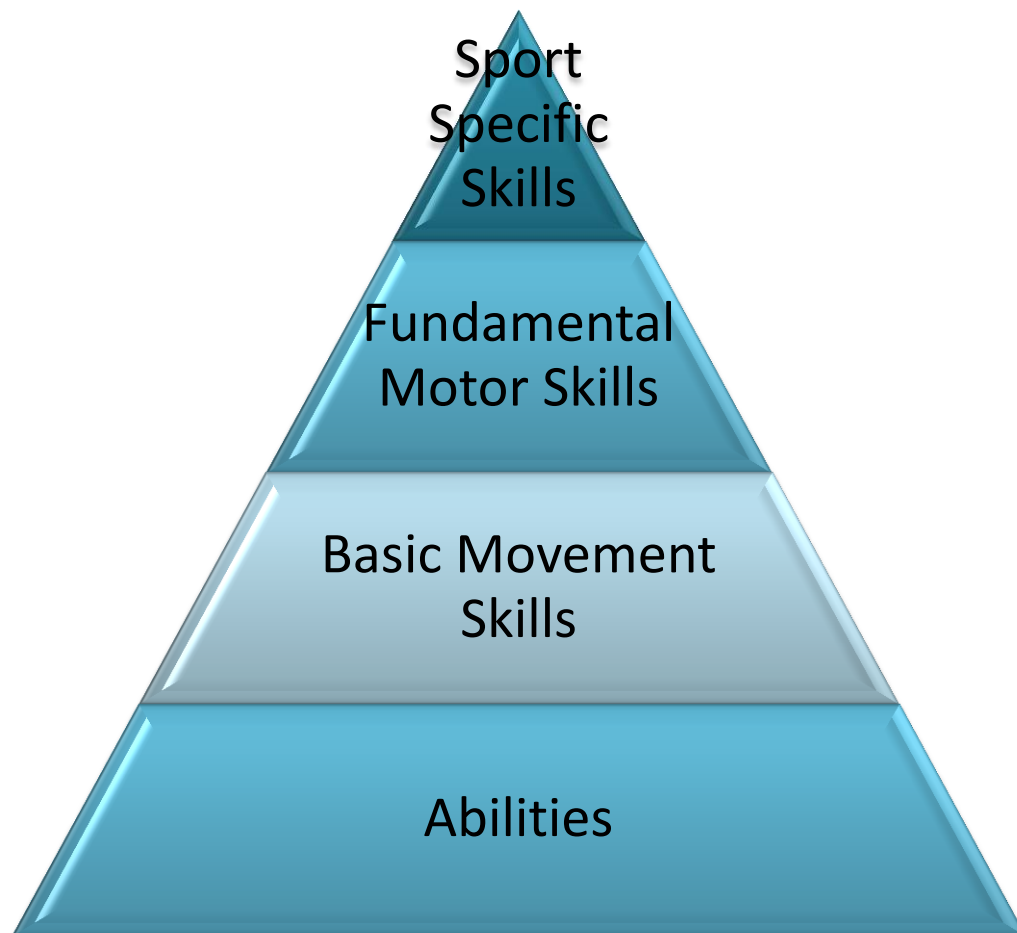




Developing Skills



- Abilities – These are the building blocks on which we develop skills.
- Children then learn basic movement skills such as walking, running and jumping.
- From the age 4 to 9 children learn fundamental motor skills e.g. Throwing and catching, kicking, striking.
- When Fundamental motor skills are correctly learnt they can be adapted into Sport specific skills such as Throwing and catching for Cricket, Rounders, Rugby, Netball and Basketball