

# Catching



Eyes on the object.



Adjust hands to the height of the ball.



Bend elbows to absorb force.

If you can **catch** you can participate in **basketball, baseball, dodge ball** and **ultimate Frisbee**.

For more information please visit: [www.richmond.ca/physicalliteracy](http://www.richmond.ca/physicalliteracy)

# Jumping for Distance



Knees bent and arms swing back behind the body.



Arms swing forward during take off. Ankles, knees and feet extend fully at take off.



Knees, hips and ankles bend to absorb force of landing.

If you can **jump** you can participate in **gymnastics**, **playground games**, and **track and field**.

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# Kicking



Run at the ball at an angle. Plant one leg beside the ball and kick with the other.



Kicking action is initiated at the hip. Body leans back on contact. Contact occurs with the side of the foot and not the toe.



Swing the arm of the opposite kicking leg. Follow through with kicking leg towards target.

If you can **kick** you can participate in **soccer, rugby** and **football**.

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# Static Balance



Keep support foot on and leg still as you raise your arms.



Place non-support foot on leg. Arms to shoulder height with no excessive movement.



Head up, eyes forward, focus straight ahead. Stand straight up and relax.

If you can **balance** you can **participate** in **skating, yoga, obstacle courses, gymnastics** and **dance**.

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# Striking



Stand to preferred side of the ball. Eyes focused on the ball throughout the swing.



Hips then shoulders rotate forward. Ball contact made on front foot with straight arms.



Follow through the swing and around the body.

If you can **swing** you can participate in **badminton, cricket, golf, field hockey, baseball, softball, tennis, table tennis and volleyball.**

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# Throwing



Rotate shoulder backward.



Step forward with the opposite leg. Arm moves across body.



Follow through towards target and release ball.

If you can **throw** you can participate in **baseball, softball, lacrosse, football, rugby, basketball** and **cricket**.

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