

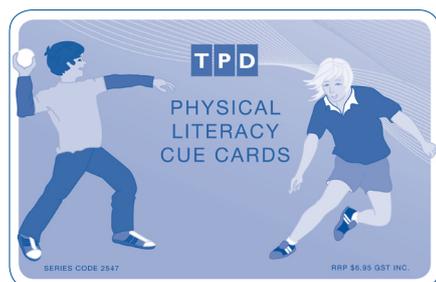
# Physical Literacy Motor Skills

In a similar fashion to language, physical education has its own alphabet. Our alphabet letters are replaced with motor skills. Some researchers have found that fewer than 10% of children leaving primary school are able to perform the core motor skills essential for participating in sports and physical activity. To help you address this issue in your classes we have produced a set of Physical Literacy Cards that can be used by you and your students to coach and challenge each other to enhance physical literacy through increasing the number of motor skills they can perform.

The Physical Literacy Cards have been divided into two categories titled Travelling and Manipulating. The Travelling Cards relate to different ways of moving in a space or during a game. The Manipulating Cards relate to movements used in games that require the learners to use equipment or move an object such as a ball. Both series of cards have been summarised in the table below. More information about how you and your students can use these cards has been included on a special 'How To' card that is included with the Physical Literacy Card set.

Travelling	
Walking	Moving forward while maintaining a balanced upright position.
Running	Moving forward at speed while maintaining a balanced, upright position.
Jumping	Lifting your body completely off the floor or equipment for a short period of time.
Hopping	A springing action from one foot in any direction.
Skipping	A step and a hop on one foot followed by a step and a hop on the other.
Leaping	An extension of a run that involves increased height and distance between steps.
Dodging	Quickly changing the direction of your body while it is moving.
Chasing	Moving quickly to overtake or tag someone who is trying to get away from you.
Fleeing	Travelling quickly away from someone who is chasing you.

Manipulating	
Catching	Receiving or controlling an object with your hands or another body part.
Dribbling	Striking or bouncing a ball downwards with your hands or moving it along the ground with your feet.
Kicking	Contacting a ball with different parts of the foot.
Striking	Propelling an object by hitting or tapping it with a racquet, stick or bat.
Throwing	Propelling an object away from the body.
Volleying	Striking or propelling an object away from the body, using hands, feet, head or knees.



TRAVELLING		
COACHING POINTS	CUES	TASK LEVEL
1. arms opposite to legs	1. opposite	1. running in a straight line
2. stay on balls of feet	2. light feet	2. running in different directions
3. relaxed arms and chest	3. loose trunk	3. running towards and away from a partner

COACHING POINTS: both the teacher and the student can use these points to act as the coach and introduce one point at a time to help highlight the critical aspects of the skill  
 CUES: use this catch phrase to help reinforce the skill  
 TASK LEVEL: set a challenge with a level 1, 2 or 3 task

CARD 3