



# Fast Feet



## Set Up



Handwriting practice lines for the 'Set Up' section.

## Instructions



Handwriting practice lines for the 'Instructions' section.

## Which Skills Are You Using?

### Stability

- Turning
- Twisting
- Pivoting
- Bending
- Landing
- Freezing
- Lunging
- Reaching
- Stretching



### Object Control

- Throwing
- Kicking
- Catching
- Dribbling
- Bouncing
- Striking
- Collecting
- Pushing
- Pulling



### Locomotor

- Walking
- Running
- Jumping
- Skipping
- Hopping
- Bounding
- Zig-Zagging
- Crawling
- Climbing

