

Hierarchy of Cross Motor Skills

Stage	Locomotor	Body Management Actions	Manipulative Actions
As they develop	Crawling Crawling Soldiers Walking Foxes Running Jumping and Landing (Frog Hopping)	Body Awareness Straight Shape Star Shape Angry Cat Pool Safety* Entries and Exits* Bubbles and Breathing*	Underarm Roll Underarm Throw
As they progress	Hopping Jumping (distance)	Pulling an Object	Catching an Object Kicking a Ball
As they become more skilful	Leaping Galloping Skipping	Lunging Dodging	Two-handed Throw Bouncing a Ball Overarm Throw Dribbling with Feet Dribbling with Hands Trapping with Feet Striking an Object with Hands or Bat
As they apply their skills	Side-step Cross Over Fast Feet	Tuck Shape Trap the Mouse Dish Shape Arch Shape Front Support Back Support Ready Position Pivot Rapid Reactions	Move into Space to Receive an Object Move into Space to Strike an Object with Hand or Bat

*These water-based skills have been taken from the 'Making a Splash in the Foundation Phase' resource pack