

# Fundamental Movement Test

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Directions: Draw a line from the word to the picture that best fits the movement.

1) **Strike**



2) **Kick**



3) **Overhand Throw**



4) **Jump**



**Directions: Circle the answer that best fits the description.**

1) This movement is a sideways motion.

Slide                  Run                  Jump                  Catch

2) This movement is like sliding, but moving forward like a horse.

Hop                  Overhand Throw                  Kick                  Gallop

3) This is when you use your hands to control a moving object.

Catch                  Skip                  Gallop                  Strike

4) This movement is like jumping, but with only one foot.

Run                  Hop                  Slide                  Walk

5) This movement is a giant step used to cover a long distance.

Overhand Throw                  Kick                  Jump                  Leap

6) This is a very quick movement and at one point both feet are off of the ground.

Run                  Catch                  Kick                  Strike