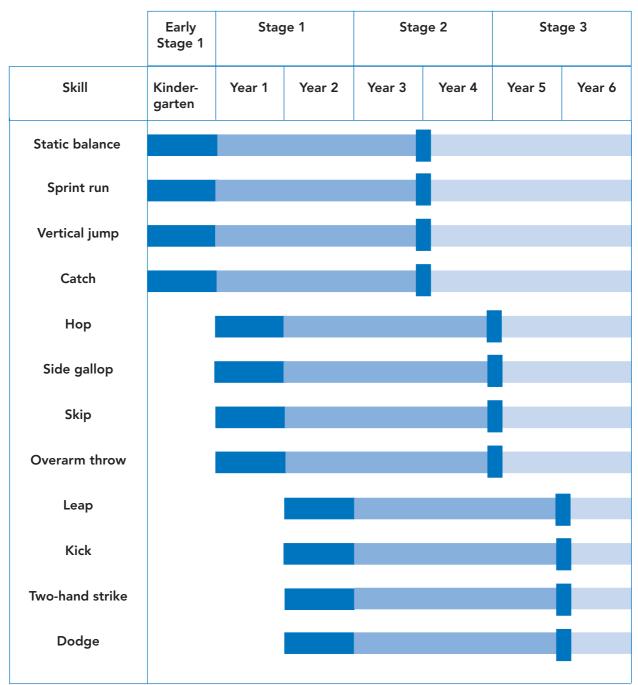
Planning guide for programming and teaching fundamental movement skills



Focused teaching and learning, with an emphasis on the introductory components.

Practice and development, with an emphasis on the fine-tuning components.

Consolidation and application of skill in sports, games and physical activities.

Benchmark of when most students should demonstrate proficiency of the skill.

Chapter 4