**FUNdamentals of Movement – Worksheet**

**Observation Sheet**

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| **Balance** | **Activity 1** | **Activity 2** | **Activity 3** |
| **Centre of Gravity**   * Height * Relation to base |  |  |  |
| **Base of Support**   * Width * Direction * Relation to CoG |  |  |  |
| **Core Strength**   * Core stability * Joint stability (wobble?) |  |  |  |
| **Counterbalances**   * Yes/No * Amplitude (are they big enough?) * Timing (early/late) |  |  |  |
| **Coordination** |  |  |  |
| **Motor Control**   * Control of big muscle groups * Control of small muscle groups |  |  |  |
| **Kinematic Chain**   * Complete or anything missing? * Timing/Sync? |  |  |  |
| **Agility & Speed** |  |  |  |
| **Start & Stop**   * On balance: base/arms/CoG * Quickly |  |  |  |
| **Change of Direction**   * Appropriate footwork/base * Body level * Smooth & Quick |  |  |  |
| **Change of Plane and Level**   * Appropriate footwork/base * Smooth & Quick |  |  |  |