**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
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