

The 8 Main Functional Movements

Athletic Movements

| | 1. Jumping and Landing | 2. Throwing and Striking | 3. Locomotion | 4. Rotation |
|---------------------------------------|------------------------|--------------------------|-------------------|-----------------------|
| General Permutations of Each Movement | Jumps | Horizontal | Run/Skip/Shuffle | Horizontal |
| | Bounds | Vertical/Diagonal | Crawl | Diagonal: High to Low |
| | Hops | Rotational | Carry/ Push/ Drag | Diagonal: Low to High |

Lifting Movements

| | 5. Pushing | 6. Pulling | 7. Hip Hinge | 8. Knee Bend |
|---------------------------------------|-------------------|-------------------|--------------|--------------|
| General Permutations of Each Movement | Horizontal | Horizontal | Double-Leg | Double-Leg |
| | Vertical/Diagonal | Vertical/Diagonal | Single-Leg | Single-Leg |

