

# 2. FUNdamentals of Athleticism

**F**undamental movements and skills should be introduced through fun and games. Fundamental sports skills should follow and include basic overall sports skills.

Fundamental movement skills + Fundamental sports skills = PHYSICAL LITERACY  
PHYSICAL LITERACY refers to competency in movement and sports skills  
PHYSICAL LITERACY should be developed before the onset of the adolescent growth spurt.

The lists below outline the wide variety of FUNdamental movements and skills that underpin physical literacy. They include four different environments: earth, water, air and ice.

