

The 8 Main Functional Movements

Athletic Movements

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

Lifting Movements

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