

Development

2 or 3 through 7 years

7 years and older

SPORT
RELATED



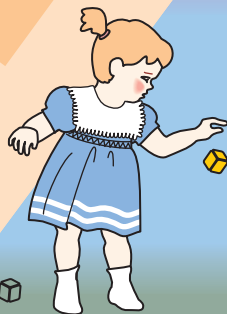
FOUNDATIONAL
MOVEMENT

- Fitness
- Fundamental motor skills
- Movement awareness



RUDIMENTARY

- Controlled movement
- Body management competency



6 months through 2 or 3 years

REFLEXIVE

Involuntary movement



Prenatal through 1 year