

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

