

Show us your

SKILLS

Physical Literacy Bingo

Submit by February 28th at 11pm
to be entered into draw(s)

S	K	I	L	L
Balancing 	Galloping 	Jumping 	Landing 	Kicking
Catching 	Striking 	Running 	Hopping 	Side Toss
Cartwheel 	Overhand Throw 	FREE	Dodging 	Dribbling
Cycling 	Climbing 	Side Shuffle 	Forward Roll 	Volleying
Punting 	Stretching 	Pushing 	Pulling 	Skating

Functional Movement Skills (FMS) should be done in a wide variety of environments. These are the five typical environments where skills are performed:

- Ground
- Outdoor
- Water
- Ice/Snow
- Air (Aerial)



MACKENZIE
RECREATION
ASSOCIATION

Questions?

Email programs@mranwt.ca or call 867-686-5377.