

Summary of Manipulative Developmental Sequences

Fundamental Motor Skill	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Gallahue, Ozmun & Goodway	Initial Stage	Emerging Stages			Proficient Stage
Throw	Front- Chop Throw Feet stationary. Front facing. Arm "chop throws" from ear. No spinal rotation.	Sideways - Sling Shot Body turned sideways. Horizontal wind. "Sling shot throw" with block rotation of trunk. Arm swings across body.	Step Same Arm-Leg High wind up of arm. Ipsilateral (same arm-leg) step. Little spinal rotation. Follow-through across body.	Step Opposite Arm-Leg High wind up of arm. Contralateral (opposite arm-leg) step. Little spinal rotation. Follow-through across body.	Arm Wind Up Arm swings downward & back. Contralateral step. Segmented body rotation. Arm-Leg Follow-through.
2 Handed Catch	Delayed Reaction Delayed arm action to ball. Arms straight in front until ball contact, then scooping action to chest. Feet stationary. Head often turns to side.	Hugging Arms encircle ball as it approaches. Ball is "hugged" to chest. Feet are stationary or may take one step.	Scooping Arms out & scoop ball to chest. Arms "scoop" under ball to trap it to chest. Single step may be used to step into the ball flight.	Hand Catch Initial contact with ball is with hands only. Hand catch only if tossed to trunk. Feet stationary or limited to one step. Would not catch a ball tossed to side of body.	Move to Ball Tracks flight of ball & moves body under ball flight. Catch with hands only. Fine adjustment of fingers to ball position as ball is caught.
	Initial Stage	Emerging Stages			Proficient Stage
Kick	Stationary - Push Stationary position. Little/no leg wind up. Foot "pushes" ball. Often step backward after kick or poor balance.	Stationary- Leg Swing Stationary position. Free leg winds-up behind base leg. Opposition of arms and legs.	Moving Approach Moving approach to ball (1 step or several steps). Foot travels in a low arc. Arm/Leg opposition. Steps past/beside ball on follow-through.	Leap-Kick-Hop Rapid approach to ball. Leaps before kick. Backward trunk lean during wind-up. Kicks hard. Hops after kick.	
Punt (Drop ball & kick it)	Stationary-Yoke & Push Stationary position. No leg wind-up. Ball toss erratic "yoking". Push ball & often step back.	Stationary Leg Swing Stationary position. Free leg wind-up to rear. Yoking toss. Forceful kick attempt.	Moving Approach Moving approach to ball. Some arm/leg yoking. Ball is tossed or dropped. Often steps beyond ball after kick.	Leap-Punt-Hop Rapid approach to the ball. Controlled drop of ball. Leap before ball contact. Kicks hard. Hop after ball contact.	
Strike (Bat a ball)	Chop Strike Feet stationary-front facing. Hand position on bat variable. "Chopping" downward strike pattern.	Horizontal Push Sideways, feet stationary or small step. Horizontal push/swing of bat. Trunk rotates as a block.	Ipsilateral Step & Strike Sideways orientation at start. Ipsilateral (same arm-foot) step. Diagonal downward swing of bat.	Contralateral Step & Strike Sideways orientation at start. Contralateral (opposite arm-leg) step. Segmented body rotation. Wrist rollover on follow-through.	