

Variation 1 should be from the FUNdamentals activities book.

Variation 2 should be with participant/group input towards creating and participating in an adapted FUNdamentals activity while helping others feel welcome & encouraged.

Variation 3 should be achieved through a self set LS sport specific goal within a given FUNdamental skill for an individual and/or for helping others to develop the given skill point.

Group Name: _____

FUNdamental Skill	Variation	Names									
Agility	1										
	2										
	3										
Balance	1										
	2										
	3										
Co-ordination	1										
	2										
	3										
Speed	1										
	2										
	3										
Running	1										
	2										
	3										
Jumping	1										
	2										
	3										
Throwing	1										
	2										
	3										
Strength	1										
	2										
	3										
Kinaesthetics	1										
	2										
	3										
Gliding	1										
	2										
	3										
Buoyancy	1										
	2										
	3										
Striking with an object	1										
	2										
	3										
Catching	1										
	2										
	3										
Kicking	1										
	2										
	3										
Striking with the body	1										
	2										
	3										