



FUNDAMENTAL MOVEMENT SKILLS

Room 2 2020- Pre-Primary/Year 1
Sawyers Valley Primary School

WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

- Movement patterns involving different body parts such as legs, arms, trunk and head.
- Include skills such as running, hopping, throwing, catching, striking and balancing.
- Foundation movements or pre-cursor patterns to more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation activities.



WHY ARE FUNDAMENTAL MOVEMENT SKILLS IMPORTANT?

- Support the development of 'whole child'- nurture physical development and assist in maximising long term health and well-being.
- Research concludes that proficient movers have higher self esteem, are more willing to take risks, confident in play and social situations and more likely to maintain an active and healthy lifestyle.
- Supports the development in other domains of learning- sensory, social, emotional and cognitive.

EARLY CHILDHOOD IS THE OPTIMAL TIME TO LEARN FUNDAMENTAL MOVEMENT SKILLS

- Young children have an innate desire to 'learn to move' and 'move to learn'.
- They are motivated and keen to master ways of moving, controlling their bodies and co-ordinating their movements.
- They are actively involved in enhancing their cognitive abilities, developing a sense of autonomy and initiative and testing their limits.
- Positive attitudes to physical activity in early childhood has a large impact on long term health and wellbeing and involvement in lifelong physical activity.
- Early identification of problems means that children are more likely to have the opportunity to reach their movement skill potential which can also support the early development in other domains.

FUNDAMENTAL MOVEMENT SKILL LEARNING SEQUENCE

In Room 2 we focus on a skill for three weeks and conduct 3-4 sessions per week. The sequence is as follows-

- Explicit Teaching – Children are taught the steps in performing the skill and given opportunities to rehearse.
- Practise of Skill- Children practise in a range of activities such as obstacle courses and circuits.
- Application of skill in play- Children apply skill in multi-sensory situations such as partner/small team games, play stations, free play exploration.
- Recording- Observation of child performing skill.