

Safety should be considered when planning all physical activity, especially to ensure that children do not collide or otherwise injure themselves or other children.

Children's clothing and footwear should be appropriate to support physical activity. Some safety guidelines should also be followed and children should be regularly encouraged to drink water and stay hydrated.

The *National Quality Framework* recognises the importance of fundamental movement skills, highlighting the significance of physical activity in the *Early Years Learning Framework* Learning Outcome 3, children have a strong sense of wellbeing, especially when children take increasing responsibility for their own health and physical wellbeing.

Physical activity is also a focus in the *National Quality Standard* Quality Area 2, Children's Health and Safety, with physical activity being addressed in Element 2.2.2., physical activity is promoted through planned and spontaneous experiences and is appropriate for each child.

Each of the fundamental movement skills consists of a specific set of components. There are a number of common errors that children may make as they practice their fundamental movement skills. Some of these common errors will be identified for each skill, as well as ways that educators can help children to correct their technique.

These corrections are often as simple as providing a verbal cue to children to help them understand how to correctly perform a skill, and demonstrating correct technique so that children can replicate the educator's movement.