

Fundamental movement skills are the building blocks of movement. They are a specific set of gross motor movements that involve different body parts such as the feet, legs, trunk, hands, arms and head, and are essential for children's participation in sport and physical activity throughout life.

As children do not naturally learn these skills as part of their normal growth and development, fundamental movement skills need to be taught, and it is important for educators to provide direction and feedback to children.

While mastery of the fundamental movement skills may not be accomplished by some children until they reach primary school age, it is essential to provide the opportunity to explore and practice these skills in the early childhood years, whilst keeping them fun.

Feedback and guidance will also help to ensure that children develop skills correctly.

Children develop individually and at different rates. It is more important to understand skill development as sequential, focusing on children progressing through different stages, rather than being proficient by a particular age.

Fundamental movement skills are categorized into three groups: stability skills, locomotor skills and manipulative skills. Stability skills are movements where the body remains in place but moves around its horizontal and vertical axis. Locomotor skills are movements where the body moves from one place to another. Manipulative skills are those which involve giving or receiving force to or from an object.

This resource will focus on the locomotor and manipulative skills. Educators need to be familiar with the correct technique for each fundamental movement skill, so that they can identify errors and demonstrate the correct way to perform a skill.

Educators should provide children with lots of direction and positive encouragement to help them become more proficient and confident in performing fundamental skills.