Fundamental Movement Skills

“Before anyone can successfully participate in physical activities that require body management and skillful movement, that person must first experience well-planned instructional and practice opportunities designed to help master the introductory, basic movements.” (p.55-56)

What are Fundamental Movement Skills?

- For a variety of physical, social and emotion reasons teachers should embrace the following beliefs:
  - The development of movement skills during childhood should not be left to chance or self-selection.
  - All children should feel good about their physical competence.
Fundamentals of Movement

What Fundamentals?

Agility  Balance  Coordination

Fundamentals of Movement

What are Fundamental Movement Skills?

• Fundamental movements are skills, however, they are not to be confused with sport skills.
• Fundamental movement skills are the foundation upon which game and sport skills are based.

Basic Movement Skills

“Basic movement skills are those foundational movements that must be mastered before learning more complex, specialized skills like those needed in games, sports and recreational activities.” (p. 56)
• Categories of skills we can do with our bodies include:
  – Traveling
  – Stabilizing
  – Object control

Movement Skills and Concepts

• Movement skills are skills that we can do with bodies.
• Movement concepts are how we change or vary the skills.
• Movement concepts develop three categories of awareness:
  – Effort awareness
  – Space awareness
  – Body awareness
Movement Skills

Skills Awareness: *I am learning what my body can do.*
- **Traveling skills**
  - Used to project or move the body from one location to another.
  - Walking, galloping, sliding, skipping, and hopping.
- **Stabilizing skills**
  - Requires balance, maintaining equilibrium and gaining and maintaining postural control.
- **Object control skills**
  - The handling or manipulation skills
  - Throwing, kicking, batting, tossing, catching, trapping, bouncing,
  - Handling objects such as balls, ropes, bats, rackets.

What Fundamentals?

Fundamental Movement Skills

What Fundamentals?

Movement Concepts

- **Space Awareness:** *I am learning where my body can move.* Table 3.4 page 60
- **Divisions**
  - Self space - the space immediately surrounding an individual as if encased inside a bubble.
  - Shared space – all of the designated play space that can be used by everyone
- **Dimensions**
  - Direction – the path of a movement
  - Levels – the height in relations to the floor of movements, body segments and equipment.
  - Pathways – the floor pattern or path that the movement requires.

Movement Concepts

- **Body Awareness:** *I am learning about the relationship my body creates.* Table 3.5 p. 61
- Deals with the relationship created between the mover and other movers, and between the mover and objects.
- **With Myself**
  - Body-part identification
  - Body shapes
- **With Other Movers and Objects**
  - Roles – refers to relational concepts
  - Locations – refers to objects or mover relationships based on positions
How Does Development Change Take Place?

- Developmental change is an interactive process that involves:
  - hereditary limitations and potentials
  - structured and unstructured learning experiences.
- Skills develop in a sequence.
- Children progress through the developmental sequences at their own rates.

Developmental Levels

- Throwing
- Catching
- Striking
- Kicking
- Jumping
- Stability
- p. 62-65

Opportunities

- “The role of the teachers in the motor domain is equally as important as their role in the cognitive, psychological and affective domains.” (p. 67)
- “If children feel good about what their bodies can do, they become empowered to make health-enhancing decisions and choices in favor of physical activity instead of the sedentary, inactive options that are so popular today.” (p. 67)

- Sharing Physical Education Repertoire
  - Movement Activities