



Fundamental Movement Skills

Part of our curriculum?



Acknowledgements

- Sport Bay of Plenty



- SPARC



- Lion Foundation



- Bay Trust



- Southern Trust



- CoachForce



FUNDAMENTAL MOVEMENT SKILL - PART OF OUR CURRICULUM?

Why this topic?

- Learn by doing
- Lets not define, lets do
- The relationships FMS forges with the brain



What are Fundamental Skills?

Fundamental movement skills are gross motor movements that involve different parts of the feet, legs, trunk, head, arms, and hands.

- **Locomotion**

Walking, Running, Jumping, Landing, Hopping, Skipping, Sliding

- **Body Management Skills**

Rolling, Stopping, Twisting, Bending, Swinging, Stretching, Static Balance

- **Manipulative Skills**

Throwing, Catching, Bouncing, Dribbling, Rolling, Striking, Kicking, Trapping.



Their Relationship to Learning

- **Foundation Movement Skills are key for successful learning**
- **If foundation skills are not developed prior to formal learning a child cannot be expected to achieve formal learning in a particular area**
- **Developing these skills at a young age will aid formal learning later in life when a child is developmentally ready**
- **With current perceptions that the outside world is dangerous ,outside play has largely been replaced with TV and Computers. Children that lack play experience may often have balance and movement difficulties. They often appear clumsy and uncoordinated and can have learning difficulties especially with reading and writing.**
- **Evidence also suggests that physical activity can boost cerebral and body circulation, encourages planning and problem solving, creates a better adaptability to stress, improves memory, activates many areas of the brain, stimulates brain growth and increases learner motivation.**
- **Lack of movement can cause inadequate muscular development of the eyes which can lead to difficulties in writing**



Their Relationship to Sport

Fundamental movement skills provide a foundation for many physical activities including play, games, te ao kori, kapa haka, dance, outdoor recreation and sports.

Having these skills is an essential part of enjoyable participation and a lifelong interest in an active lifestyle. Implementing a child-centered approach by providing movement experiences in which children can explore and discover for themselves, increases their understanding of movement and helps to develop their competence and confidence in a broad spectrum of fundamental movement skills.

They are an integral part of the physical development of young children. It is important that these skills are developed at an early age, ideally between the ages of 5 and 9 years old. These skills will give children a platform in which they can enjoy and participate in a wide range of sports and physical activity for life.



What we know so far...

- Age 0 - 5, open the bucket to movement



- Age 5+, plug the empty holes, consolidate existing plugs



- Age 9+, fill the tank



Sports Skills...

- Age 0 - 5, open the bucket to movement



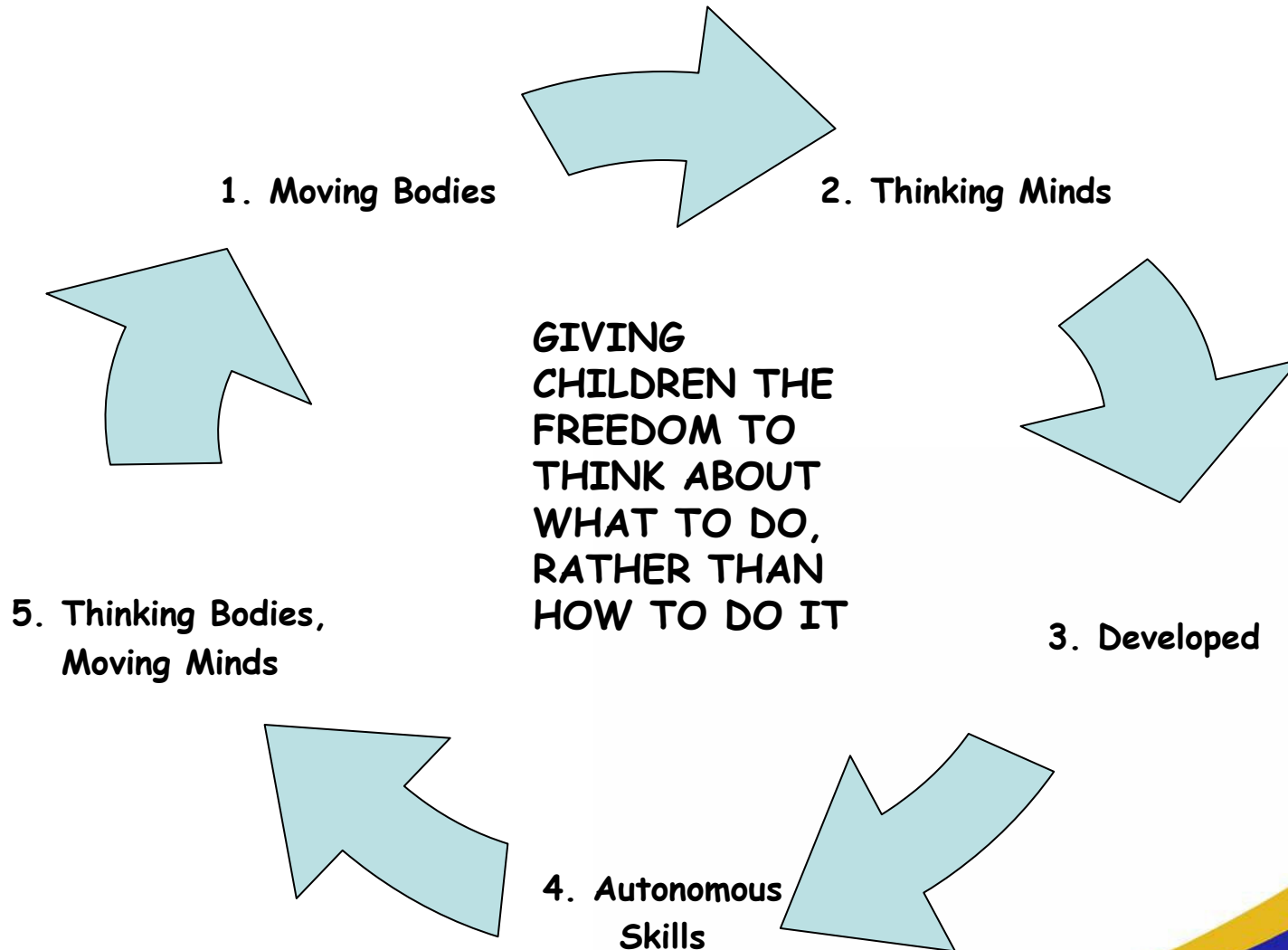
- Age 5+, plug the empty holes, consolidate existing plugs. Getting ready for sport



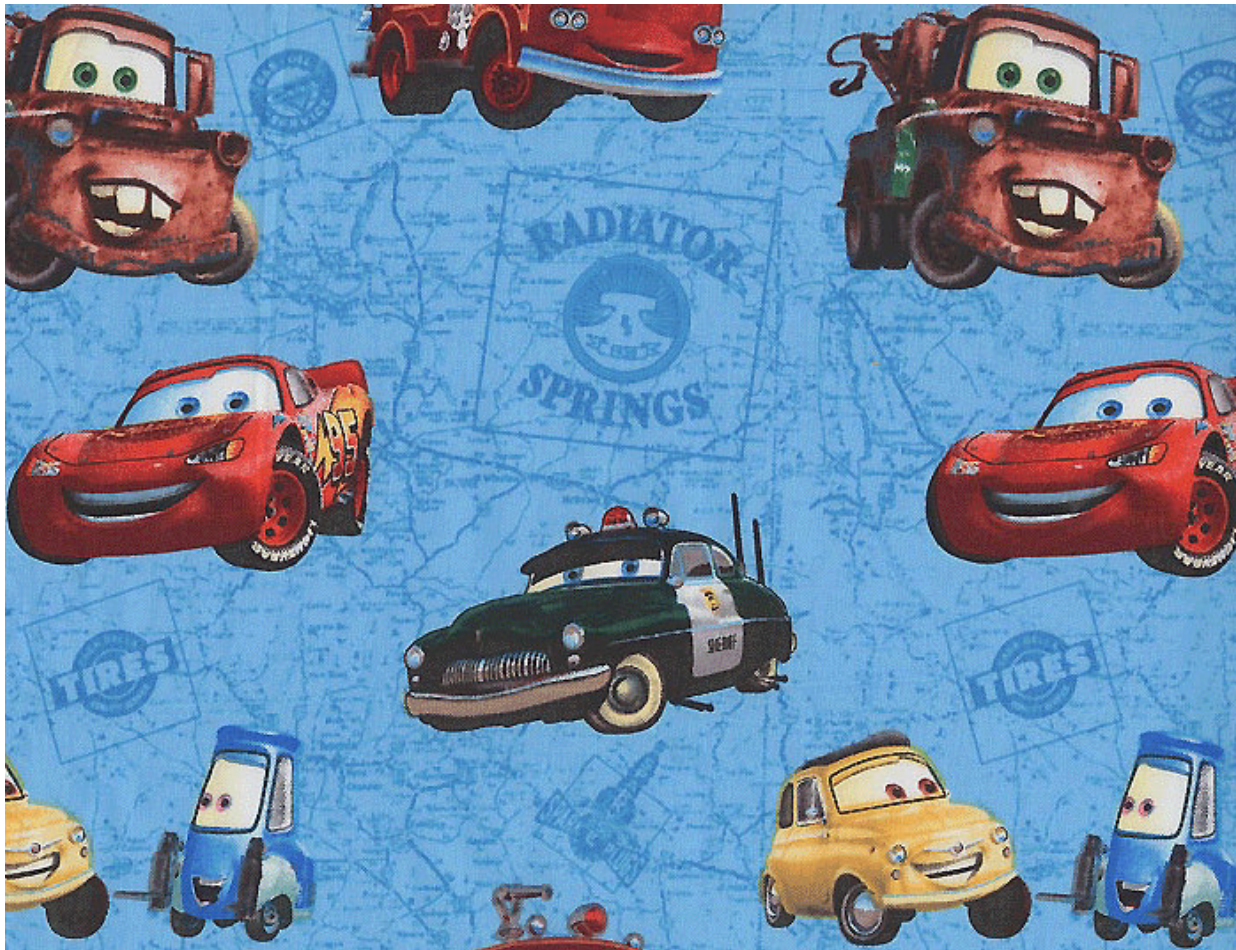
- Age 9+, fill the tank. The option to take part for life



The Theme...



How do we get there...



As teachers, coaches, parents we must...

1. Moving Bodies

- Move the body as often as possible to stimulate exercise through fun.
- This is a fun introduction to exercise, activity and sporting fun



As teachers, coaches, parents we must...

2. Thinking Minds

- During exercise challenge the status quo
- Encourage wider thinking and problem solving
- EG -

Where to pass??

Where is the space??



As teachers, coaches,
parents we must...

3. Develop

- This approach has given ownership of activity to the players/students
- You've just taught them how to think!



As teachers, coaches, parents we must...

4. Autonomous

- Fundamental Skills should be autonomous
- Thinking about what you are doing should also be autonomous
- This approach engrains self ownership and wider more lateral thinking into the brain

As teachers, coaches,
parents we must...

5. Thinking Body, Moving Mind

- You just created a body that reacts autonomously and free's up the most powerful and intellectual tool ever created



Thus creating...

***"GIVING CHILDREN THE FREEDOM TO
THINK ABOUT WHAT TO DO, RATHER
THAN HOW TO DO IT"***

