

Fundamental movement and motor skill development programs

Description and Benefits

The development of fundamental movement skills is considered by many as a key objective of physical education programs because it increases the options for participation in games, sports and other physical activities. "The development of mastery of fundamental motor skills among children and adolescents through quality physical education is a potentially important contributor to successful and satisfying participation in sport and other physical activities. Fundamental motor skills are motor activities with specific observable patterns and are prerequisites to the advanced skills employed in sports, games, dance, gymnastics and other physical activities (Booth and Holland, 1999, Buschner, 1994, Salmon et al., 2005, O'Connor, 2000).

Those who lack fundamental motor skills are likely to experience frustration and difficulty in learning more advanced skills, reducing their enjoyment of sports and other activities. In addition, those who lack fundamental motor skills are more likely to experience the consequences of "public failure" or ridicule from peers (Rose et al., 1994) encouraging them to avoid participation in organised sports and possibly reducing the likelihood of the development of a physically active lifestyle (US Department of Health and Human Services, 1997)." (Booth et al., 1999)

The development of fundamental movement and motor skills is done through a combination of school based physical education, as well as other structured activity programs run out of school hours. A detailed discussion of programs run out of school hours can be found at

http://www.dhs.vic.gov.au/_data/assets/pdf_file/0005/275846/ActiveAfterSchoolPhysicalActivityPrograms.pdf

Establishing the fundamental movement skills for school aged children enables long term participation in sport and recreation activities.

Size and distribution of the problem

General data about physical activity (including available data for Gippsland) can be found at http://www.dhs.vic.gov.au/_data/assets/pdf_file/0004/275845/PhysicalActivity.pdf

Table 1: Percentage of children at poor level of mastery of fundamental movement skills, NSW

Skill	Year	% at poor level	
		Boys	Girls
Static balance	3	26.3	22.9
Sprint run	3	52.7	67.0
Vertical jump	3	67.0	61.0
Kick	4	66.4	54.9
	3	46.1	80.2
Hop	4	36.9	74.6
	3	62.2	56.8
Catch	4	55.0	51.8
	3	48.8	66.0
Overhand throw	4	42.6	45.8
	3	37.4	77.3
Side gallop	4	48.9	32.3

Source: *Move It, Groove It - Physical Activity in Primary Schools' Summary Report, 2003*(NSW Department of Health, 2003)

There is a strong relationship between BMI category and the achievement of advanced fundamental motor skills as shown in the SPANS study.

"In each Year group, more healthy-weight boys and girls displayed advanced vertical jump skills compared with their overweight/obese peers. For boys, those in the healthy-weight group displayed advanced skills that were between five and ten percentage points higher than those in the overweight/obese group. Among girls, the prevalence of advanced skills was between 10% and 20% higher among healthy-weight girls". (Booth et al., 2006).

Leadership

- Schools

Suggested Partners, their roles and responsibilities

- Schools – in particular the physical education departments. Junior primary school and preschool teachers
- Providers of the Active After-school Communities Program or other out of school hours structured physical activity program providers.
- Sporting clubs offering junior programs.

- Kids – 'Go for your life': Fundamental movement and motor skills development programs is a component of the Kids – 'Go for your life' Award program for Early Childhood Services and Primary Schools under the criteria Move, Play and Go.

Resources for Implementation

NSW Department of Education and Training. A planning guide for programming and teaching fundamental movement skills. http://www.curriculumsupport.education.nsw.gov.au/primary/pdhpe/assets/pdf/fms_005.pdf

WHO Collaborating Centre for Obesity Prevention Romp and Chomp Program assists with promoting healthy eating, active play and drinks messages for early childhood staff with supportive policies in early childhood services, training for staff, education resources and social marketing messages. For a full set of resources visit: <http://www.deakin.edu.au/hmnbs/who-obesity/research/ssop/romp-chomp.php>

Kids – 'Go for your life' has evidence-based resources and professional development opportunities available to members of its Health Professionals' Network to support primary schools and early childhood services provide and promote physical activity. Membership of this Network is free. [http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_Health_Professionals_Oct07.pdf/\\$File/KGFYL_Health_Professionals_Oct07.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_Health_Professionals_Oct07.pdf/$File/KGFYL_Health_Professionals_Oct07.pdf)

Kids – 'Go for your life' has comprehensive best-practice resources around providing and promoting physical activity available to primary schools and early childhood services that are members of the Kids – 'Go for your life' Award Program. Membership of this program is free.

Early Childhood:

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/Kids_Go_for_your_life_Award_Program_EC?Open

Primary School:

http://www.goforyourlife.vic.gov.au/hav/articles.nsf/practitioners/primary_schools?Open

Kids - 'Go For Your Life' Health Promotion Planning Tool is a resource identifying effective strategies to address healthy eating, physical activity/active play, and overweight and obesity among children.

[http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_health_promotion_planning_tool.doc/\\$File/KGFYL_health_promotion_planning_tool.doc](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_health_promotion_planning_tool.doc/$File/KGFYL_health_promotion_planning_tool.doc)

Wellbeing and Health Organisation Links for Education (WHOLE) - Health and Wellbeing Policy. This integrated policy provides an example of combining all school health and wellbeing policies. <http://www.goforyourlife.vic.gov.au/whole>

Active Play Program – accessible to members of the Kids 'Go for your life' Health Professionals Network only [http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_Health_Professionals_Oct07.pdf/\\$File/KGFYL_Health_Professionals_Oct07.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/KGFYL_Health_Professionals_Oct07.pdf/$File/KGFYL_Health_Professionals_Oct07.pdf)

The Australian Council for Health, Physical Education and Recreation (ACHPER) , Physical, Health and Sports Education (PHASE) Professional Learning Programs <http://www.achper.vic.edu.au/>

Government of South Australia Eat Well Be Active, Ready to Go Ideas for Fundamental Movement Skills. <http://www.dete.sa.gov.au/wallaradistrict/files/links/EDITEDresource.pdf> (early childhood)

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NSW Schools Physical Activity and Nutrition Survey 2004 (SPANS) – Fundamental Movement Skills http://www.health.nsw.gov.au/pubs/2006/spans/9_fundamental_movement.pdf

Rethinking the teaching of games and sports. This link will provide you with current research on the teaching of games and sports and outline processes for teachers to start rethinking how they teach games and sport in PE, challenging the notion of games being only for those with natural sporting ability.

http://www.curriculumsupport.education.nsw.gov.au/secondary/pdhpe/pdhpe7_10/physical_activity/index.htm

A healthy start to life Munch and Move http://www.archi.net.au/documents/e-library/health_administration/health_awards/prevention/2007_0047.doc

Evaluation Tools

Methods for measurement of impacts such as levels of physical activity and the methods for conducting assessment of fine motor skills are described at http://www.dhs.vic.gov.au/_data/assets/pdf_file/0011/275861/PhysicalActivity.pdf

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