

Fundamental Movement Skills (FMS)

Developing basic movement skills is as important for a child's health and ability to do everyday tasks now and as they get older, as it is for their performance in sport.

The sequence in which children learn these skills is similar. While there can be gender differences in some activities, for example boys tend to develop the overarm throwing skill quicker than girls, both girls and boys need to be given opportunities to develop all skills.

The first 8 years is the most critical time for a child to develop these skills.

FMS are generally grouped into 3 categories 1. Movement (Locomotor), 2. Body Control and 3. Object Control.

| Movement skills | Body control skills | Object control skills |
|---|-------------------------------------|--|
| Walking | Balancing on one foot | Catching |
| Running | Walking on a line or a beam | Overhand throw |
| Jumping (for distance, for height, one leg to another) | Climbing | Underhand throw |
| Hopping | Rolling (forward roll, log roll) | Punt kicking (kicking ball from hands) |
| Leaping | Twisting | Striking with an implement |
| Skipping | Turning | Two handed striking |
| Swinging | Rotating | Hand dribbling (repeatedly bouncing a ball with one hand) |
| Side stepping | Landing | Foot dribbling |
| Dodging | Stopping | Kicking |
| Gallopig | Bending | Chest passing |
| Climbing | Stretching | |
| Crawling | | |