



FUNDAMENTAL MOVEMENT SKILLS ARE THE BUILDING BLOCKS FOR MOVEMENT THAT EQUIP CHILDREN FOR A LIFELONG HABIT OF BEING PHYSICALLY ACTIVE AND HEALTHY.

There are three categories – **locomotor** (travel), **object manipulation** (use of equipment) and **body control** (flexibility and stability) skills.

These skills give children the **confidence** and **competence** to participate in complex **games, sports** and **recreational activities**.

Use the following **Healthy Schools Programme** resources to improve your child's movement skills:



MINI YO!



DANCE OF THE DAY



HOME ACTIVITIES



WELLNESS BULLETINS + ACTIVITIES

PUT YOUR

FUNDAMENTAL SKILLS TO THE TEST!



LOCOMOTOR

- ✓ Walking
- ✓ Running
- ✓ Skipping
- ✓ Jumping
- ✓ Hopping
- ✓ Side Stepping
- ✓ Galloping
- ✓ Marching

AWESOME ACTIVITIES

WHAT'S THE TIME MR WOLF?

NATURE WALK

JUMP ROPE

FREEZE TAG

TOP TIPS

- ✓ Keep the head up and look forward while in motion.
- ✓ Swing the arms to generate speed and improve balance.



OBJECT MANIPULATION

- ✓ Catching
- ✓ Throwing
- ✓ Kicking
- ✓ Striking
- ✓ Dribbling
- ✓ Bouncing

AWESOME ACTIVITIES

FOOTBALL

TEN PIN BOWLING

HOT POTATO

DODGEBALL

TOP TIPS

- ✓ Identify and use the dominant arm or leg.
- ✓ Practise by slowing the movement down or breaking it up into smaller steps.



BODY CONTROL

- ✓ Balancing
- ✓ Turning
- ✓ Twisting
- ✓ Bending
- ✓ Stretching
- ✓ Landing

AWESOME ACTIVITIES

BALANCE BEAM

EGG AND SPOON RACING

HOPSCOTCH

YOGA POSES

TOP TIPS

- ✓ Riding a bike is one of the best ways to improve balance.
- ✓ Spend time barefoot to strengthen nerves in the feet.