

Understanding the Fundamental Movement Skills (FMS)



What are fundamental movement skills?

Fundamental movement skills (FMS) are the building blocks of movement. They are a specific set of gross motor skills that use different body parts such as feet, legs, trunk, hands, arms and head. They are essential for children's participation in sport and physical activity throughout life.

FMS are characterised into three groups:

- **Stability Skills** - help children control their balance and posture e.g. balancing, twisting & stretching.
- **Locomotor Skills** - movements that transport the body from one place to another e.g. running, jumping, hopping, leaping, galloping, side-sliding and skipping.
- **Object Control Skills** - movements that involve handling and controlling objects like balls or bean bags e.g. kicking, catching, overarm throwing, underarm throwing, stationary dribbling and striking a stationary ball.

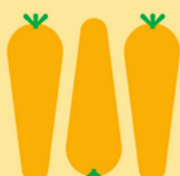


Why teach FMS?

- Children do not naturally learn these skills as part of normal growth and development. **FMS needs to be intentionally taught.**
- The more **skilled** and **proficient** children become in performing FMS, the more **confident** they will be to join in with games and sports.
- Being physically active practising FMS has important **health benefits** and assists in **developing relationships** and **social skills**.
- Children will be more likely to be physically active throughout their lives leading to **improved health** and **wellbeing**
- Teaching FMS helps children meet recommendation of **180 minutes* of daily physical activity**.
- Increasing physical activity can also **improve children's focus** and **reduce behaviours** that disrupt children's learning.

**Reference from the Australian 24-Hour Movement Guidelines for the Early Years*

Outcome 3: Children become strong in their physical learning and mental wellbeing



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

