

# Fundamental Movement Skills for Families



## Why are fundamental movement skills important?

**Fundamental movement skills (FMS)** are the "building blocks" of movement that children need to learn to play sport.

Children **do not naturally learn** these skills therefore it is important they are taught from an early age. Parents and carers can **support** and **guide children** to learn and practise FMS through **role modelling** and **playing games** at home.

**Children won't master** these skills until they are much older, so at this age its all about fun and enjoyment!

## What are the fundamental movement skills?

Fundamental movement skills include:

- Running
- Jumping
- Galloping
- Leaping
- Hopping
- Side-sliding
- Skipping
- Dribbling a ball
- Striking a ball
- Underarm rolling
- Overarm throwing
- Catching
- Kicking



Educators at this service are helping children learn  
the Fundamental Movement Skills



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

Good for kids  
Good for life

