

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



Fundamental Movement Skills at home



This page includes activity ideas for how you may like to practise fundamental movement skills with your child at home.

What other fun ideas can you come up with?!

KICKING

Place 2 objects on the ground to use as goals. Using a ball or soft toy, your child can kick the ball into the goals.



GALLOPING

Practice galloping by role playing as dressage horses. Your child can make up their own routine.



JUMPING

Use pillowcases as jumping sacks. Your child can practice jumping around the house or outside.



SIDE-SLIDING

Use 2 long objects (e.g. broom handles) & place them about 5m apart. Your child can side-slide between the objects.

CATCHING

Practice catching by throwing soft objects of various shapes & sizes to your child.



DRIBBLING A BALL

Ask your child to stand within a hoop & bounce the ball on the spot using 1 or 2 hands'



STRIKING A BALL

Your child can use their hand to practice hitting a ball along the ground, before using a longer object (e.g. pool noodle, bat).



UNDERARM ROLLING

Use empty bottles set up as a triangle & encourage your child to roll the ball, knocking them over.



OVERARM THROWING

Set up empty bottles in a triangle outdoors & encourage your child to overarm throw the ball, knocking them over.



SKIPPING

Practice skipping by asking your child to stand on 1 foot & jump up, giving you a high five before swapping legs.



RUNNING

Take your child outside to play "Colour Touch". Call out a colour & tell them to run & touch an object of that colour.



HOPPING

Use masking tape or chalk to draw out a hopscotch game on the ground.



LEAPING

Place a line of soft toys on the ground & encourage your child to take a large leaping step over each toy.



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