

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 it's all about fun and enjoyment. Try to avoid overcorrecting your child's technique.

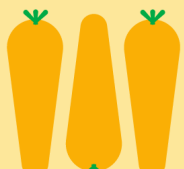
What are the fundamental movement skills?

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

