Fundamental Movement Skills

Locomotor Skills:

enable children to move from one place to another.

Key locomotor skills are walking, running, jumping, hopping, crawling, marching, climbing, galloping, sliding, leaping, hopping, and skipping.

FMS can be defined as a set of basic, learned motor patterns that do not occur naturally. Developing FMS requires high-quality instruction, practise and feedback.

FMS can be subdivided into three sets of skills: locomotor, stability and manipulation.

Manipulation Skills:

are the skills we need for moving balls and objects around.

Key manipulation skills include throwing, catching, kicking, striking, bouncing and rolling.

Running:
- chest up
- run on the balls of your feet
- move opposite arm to leg
- high knee lift for sprinting
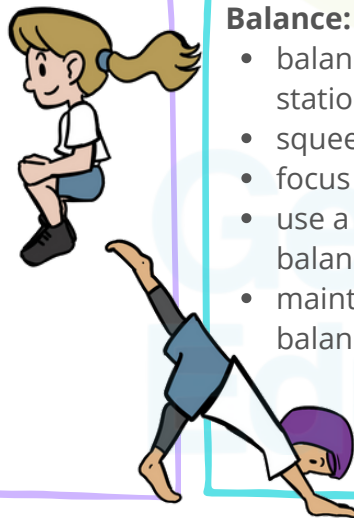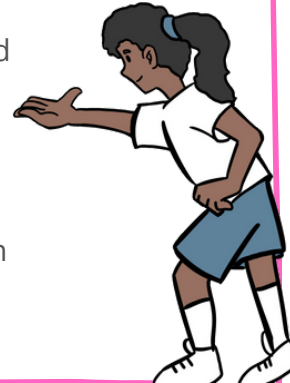- hands move from pocket to mouth if sprinting

Stability Skills:

are movements where the body remains in place but moves around its horizontal and vertical axis.

Key stability skills are balancing, stretching, bending and twisting. These skills are needed to progress to locomotor and manipulative skills. Balancing in particular is important. Static balance is where a child is balanced whilst stationary and dynamic balance is where balance is maintained whilst moving.

Throwing:
- place your opposite foot to throwing hand forwards for balance
- step into a throw for power
- point your hand towards the target on release of the object

Jumping:
- bend your knees on take off and landing
- land on the balls of your feet
- push your hips forwards if jumping for distance
- swing your arms forwards if jumping for distance
- swing your arms upwards if jumping for height
- keep your chest up on landing

Balance:
- balance weight by using your arms if stationary
- squeeze the appropriate muscles
- focus
- use a strong base of support for stationary balances
- maintain your centre of gravity for dynamic balances

Catching:
- keep your eyes on the ball
- have your hands out ready to catch
- move your feet to track the ball
- pull the ball into the body to cushion it