

# Developing FUNdamental Movement Skills

~ Building the Foundation to Reach for the Stars ~

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# Developing FUNdamental Movement Skills

~ Building the Foundation to Reach for the Stars ~

- Understanding growth & motor development
- Developing FMS
- Factors affecting skill acquisition
- Using stories, imageries & cartoons



Do you agree with the following statements?

1. Children automatically develop their movement skills as they mature.
2. Intrinsic motivation towards leading an active lifestyle can be developed at any stage in life.
3. Failure to develop fundamental & specialised movement skills during the early years leads to frustration & failure in sports participation later in life.




## Important considerations

- Develop good FUNdamental movement skills
- Building good psychomotor foundation
  - building blocks for more advanced movement and skills
- Different stages of development
  - Need to be recognised and activities designed to suit development stages
- Engineering early success and encouragement are key









“The child has the developmental  
‘potential’ to be at the mature stage.  
Attainment will depend on factors within  
the task, individual and environment”

*Gallahue & Ozmun (2006)*



# Understanding Growth & Motor Development



# Mountain of Motor Development



# The Important Early Years

- Two to seven years of age
- Ideal time for children to master :
  - Locomotor skills
  - Manipulative skills.
  - Stability skills



These movement skills develop along a continuum of stages from the initial to elementary and to mature stage



# Classification of FMS

## Locomotor

- walking, running, leaping, jumping, sliding, galloping, hopping, skipping

## Manipulative

- throwing, rolling, catching, kicking & dribbling (foot), striking, bouncing & dribbling (hand), dribbling (implement)

## Stability

- balancing (static & dynamic), bending & curling, turning, twisting, stretching, transferring weight



# Stages in FMS Phase

## Initial Stage

- characterized by relatively crude, uncoordinated movements.
- execution not rhythmically coordinated.

## Elementary Stage

- greater control over movements but appear awkward and lacking fluidity.

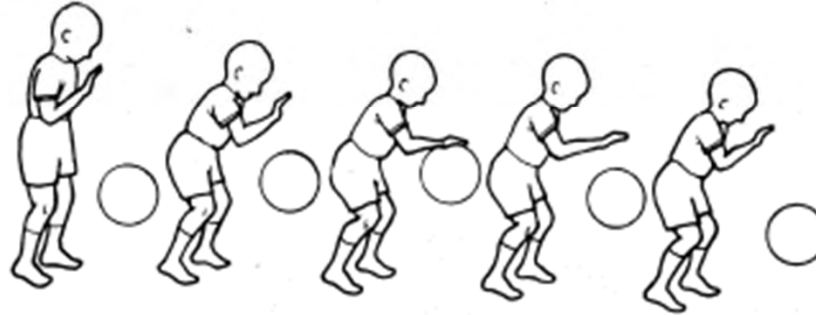
## Mature Stage

- well coordinated, mechanically correct, and efficient act.

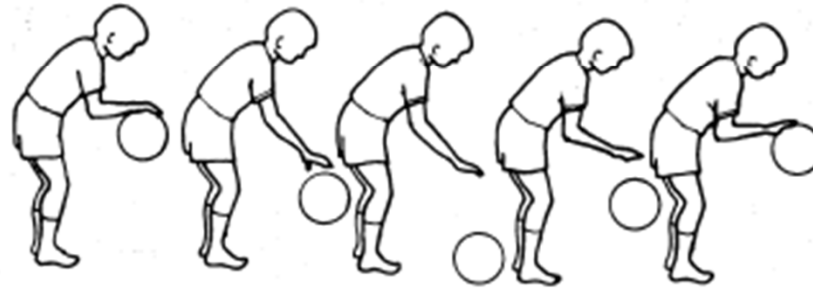


# Stages of Motor Development

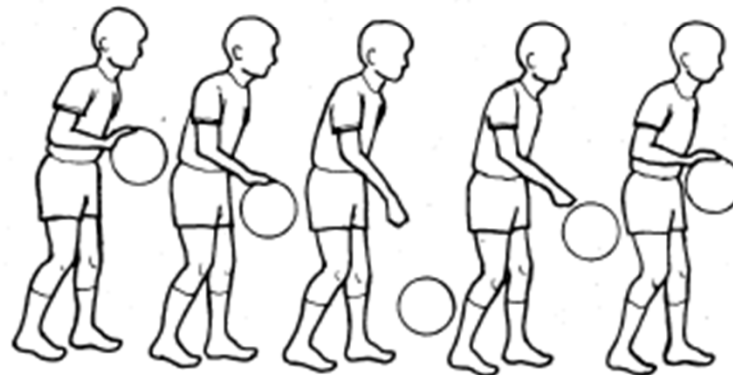
INITIAL



ELEMENTARY



MATURE



# Stages of Motor Development

INITIAL



ELEMENTARY



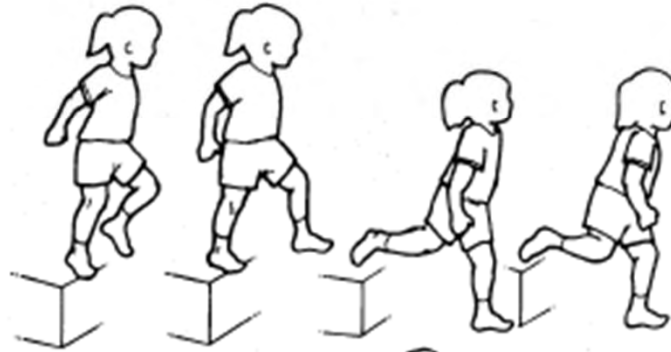
MATURE



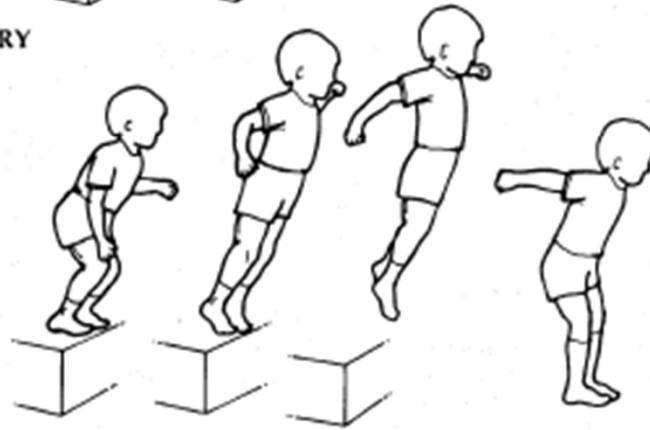


# Stages of Motor Development

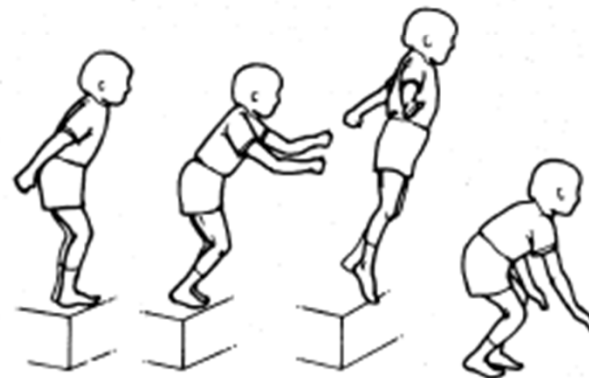
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MENTARY

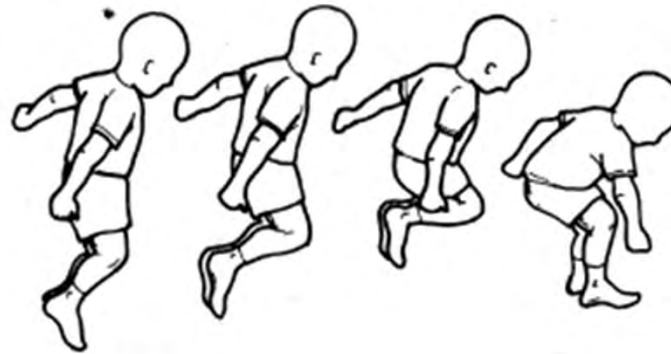


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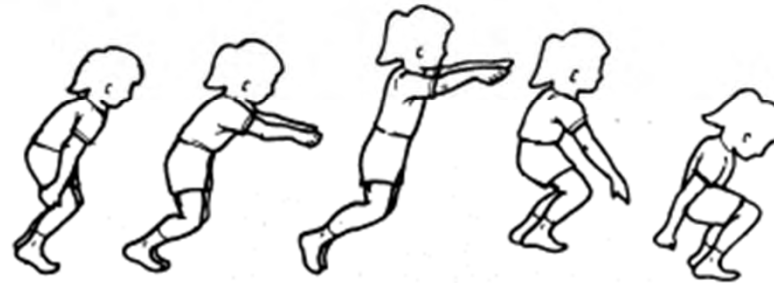


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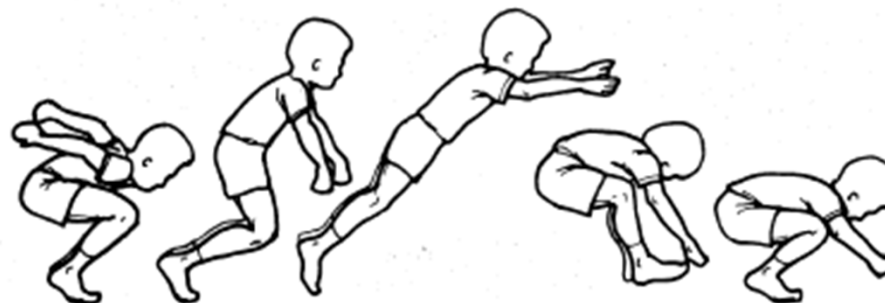
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ELEMENTARY



MATURE

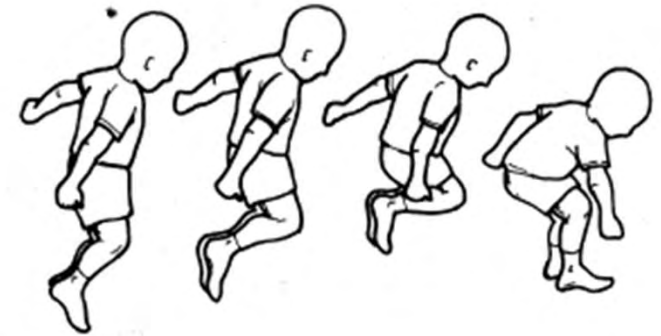








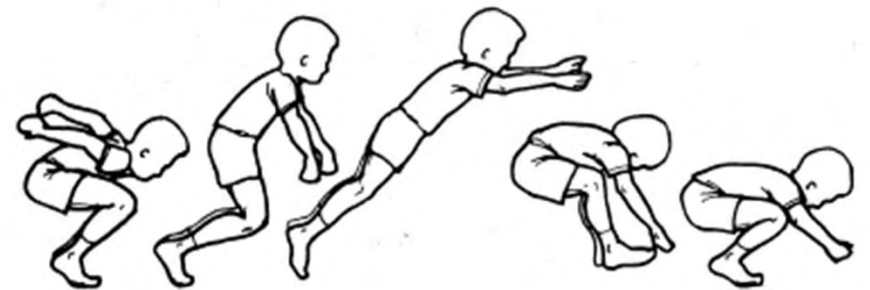
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ELEMENTARY



MATURE

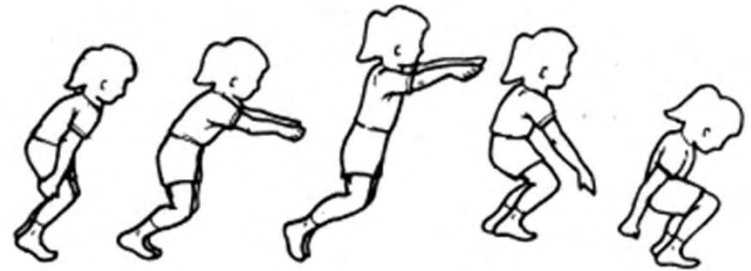




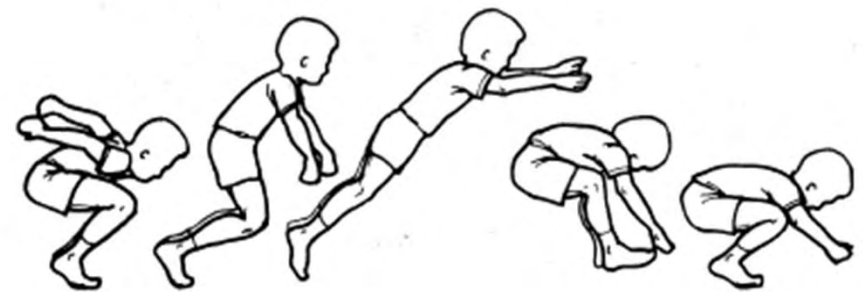
INITIAL



ELEMENTARY



MATURE



# Stages of Motor Development

## INITIAL



## ELEMENTARY



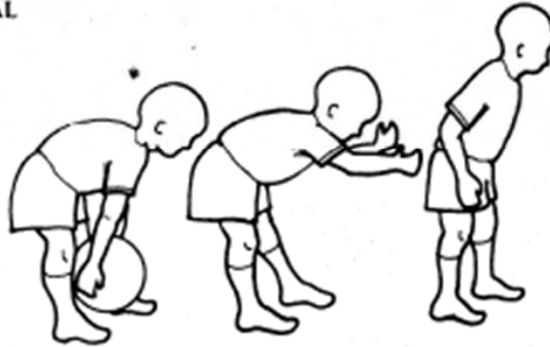
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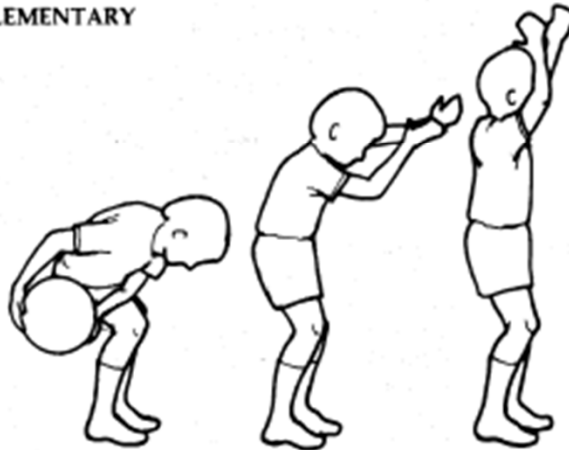


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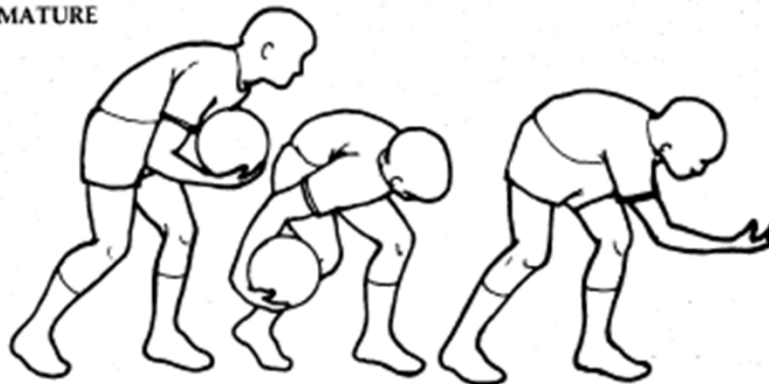
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ELEMENTARY

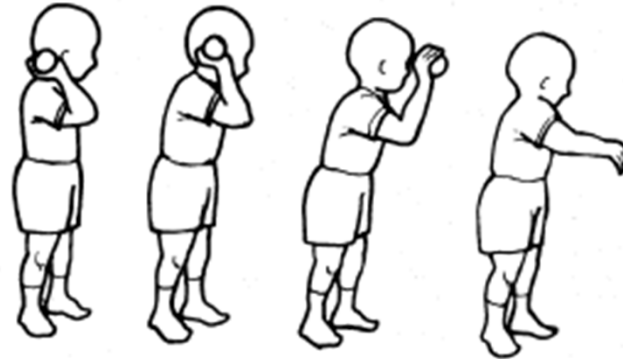


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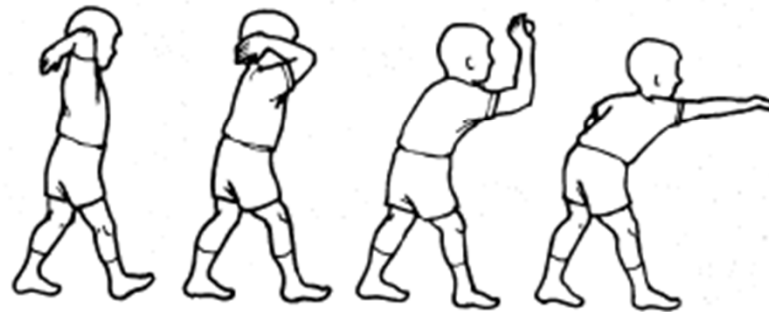


# Stages of Motor Development

## INITIAL



## ELEMENTARY



## MATURE



# Stages of Motor Development

## INITIAL



## ELEMENTARY

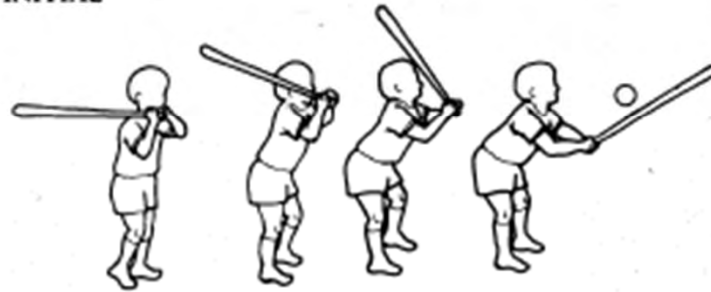


## MATURE

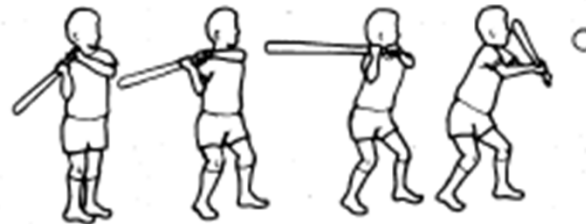


# Stages of Motor Development

INITIAL



ELEMENTARY

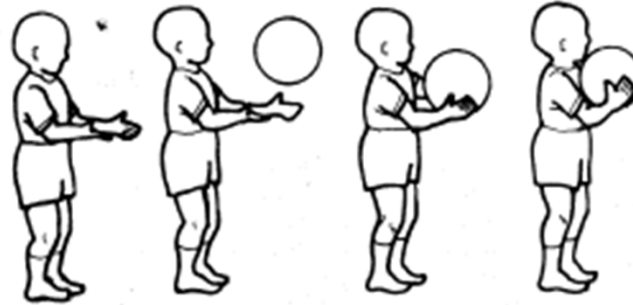


MATURE



# Stages of Motor Development

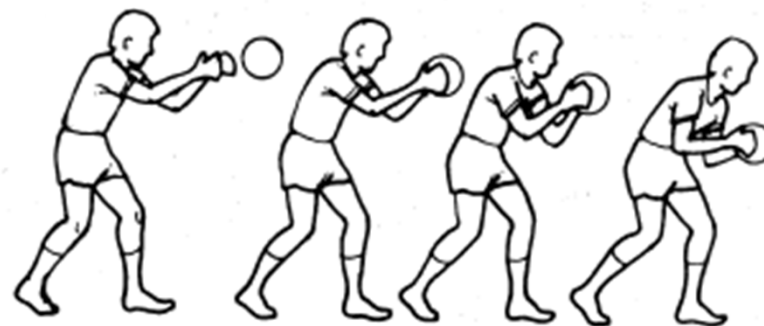
INITIAL




INTERMEDIATE



ADVANCED





“The child has the developmental  
‘potential’ to be at the mature stage.  
Attainment will depend on factors within  
the task, individual and environment”

*Gallahue & Ozmun (2006)*





# Factors affecting Skill Acquisition

- Environment
- Task & Instruction
- Opportunities for learning
- Encouragement



# Factors affecting Skill Acquisition

- Environment
  - Group size, Space, Equipment
- Task & Instructions
  - Clear & simple/appropriate
  - Accompanied by good demonstration
- Opportunities for learning
  - Maximising participation
- Encouragement
  - Lots of positives

~ Manipulative Skills ~  
Throwing & Catching





## Factors affecting Skill Acquisition

- Environment
- Task & Instructions
- Opportunities for learning
- Encouragement

Using stories, imageries and cartoons ...

Why?

... because children love stories, they have great imagination and they love cartoons ... to make teaching and learning fun!



# Developing FUNdamental Movement Skills ~ Using Stories, Imageries & Cartoons ~

~ Locomotor Movements / Dance ~  
Travelling, Turning and Spinning

~ Bubbles ~





~ Locomotor Movements ~  
Travelling using various movements

~ Trip to the Zoo ~



~ Dance ~

Travelling in a variety of ways –  
contrasting light and strong movement.

~ The Sorcerer's Apprentice ~



~ Gymnastics ~  
Travelling, Rolling and Balancing

~ Superheroes ~





# Developing

## FUNdamental Movement Skills

~ Building the Foundation to Reach for the Stars ~

- Understanding growth & motor development
- Developing FMS – crucial in early years 2-7 years
- FMS Acquisition
  - Environment
  - Task & instruction
  - Opportunities for Learning
  - Encouragement
- Using stories, imageries & cartoons



Thank you





Q & A





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