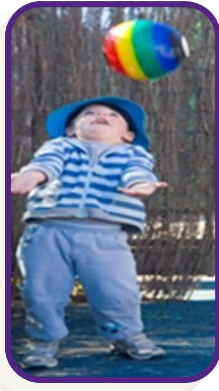




Fundamental Movement Skills



What are the Fundamental Movement Skills (FMS)?

Fundamental movement skills include running, catching, jumping, kicking, galloping, leaping, hopping, dribbling a ball, side-sliding, striking a ball, underarm rolling and over arm throwing.

Why are Fundamental Movement Skills important?

Fundamental movement skills are important because they are the "building blocks" for more complex and specialised skills that children need throughout their lives so they can competently and confidently play different games, sports and recreational activities.

All children need to be taught FMS as they do not naturally learn them as part of their growth and development.

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

