

Research Base:

HIAS School Improvement (Hampshire)

Association for PE (afpe)

Quality PE

The physical Education National Curriculum, 2014

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

Early Years Statutory Framework, 2017

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/239040/PRIMARY_national_curriculum_-_Physical_education.pdf

How to Support Your Child's Fundamental Movement Skills



Hamble Primary School

023 80453298

Information for Parents

By working together we help our
children to succeed.

Fundamental movement skills are movement patterns that involve various body parts and provide the basis of physical literacy. Fundamental movement skills are the foundational movements, or precursor patterns, to the more specialised and complex skills used in play, games and specific sports. They can be split into 3 subcategories:

Travelling (Locomotion)	Object control (Manipulation)	Balance (Stability)
Basic •Walking •Running Rhythmical •Galloping •Sliding •Skipping •Hopping •Jumping •Leaping Apparatus •Climbing •Swinging	Send •Throwing •Kicking •Punting •Ball rolling •Static ball striking Receive •Catching •Trapping/Stopping (feet/stick) Travel with •Dribble (feet, hands, stick) Receive & Send •Volley •Strike	Postural •Upright posture •Ready position •Stopping •Landing Coordination •Cross laterality •Stretching/curling •Twisting/turning •Spinning •Sinking/falling •Body rolling •Dodging

Fundamental Movement Skills contribute to children in the Early Years reaching the Early Learning Goals, in particular 'Moving and Handling: Children show good coordination in large and small movement.' These skills have also been proven to contribute to children's abilities in other areas, such as writing.

How do we support FMS at Hamble Primary School?

In our Early Years classes activities for the children to develop their FMS are always available and encouraged. The teachers engage the children with an 'invitation to play' and support them where they can. Additional support activities may be put into place for those that need some extra

provision. All teaching staff have also received training and know how to recognise and support those that have not yet fully developed their FMS.

What can you do to help?

The most important age for FMS development is between the ages of 2 and 7, however between the ages of 7 and 14 children are still developing these skills and refining them for use in certain activities.

Some easy ways to support your child are:

- Playing throwing and catching games
- Playing chase and tag games
- Fine motor activities - drawing or painting
- 'Simon Says' style games
- Obstacle Courses
- Chalk/ Water/ Sand play
- Building Duplo/Lego
- Ride on toys
- Playground games - such as hopscotch
- Playground play - swings, see-saws etc
- Dancing - follow me style
- Scooting/bike riding/ skate-boarding/ roller-skating
- Scavenger Hunts
- Tightrope walking - along some masking tape
- Skipping
- Climbing and jumping
- Digging
- Climbing hills and walking on uneven surfaces

FMS can be developed through fun activities that you and your child can do together. Any sort of physical activity will contribute and support them in many areas of their learning.