
Fundamental Movement Skill links to Academic Learning



The purpose of the document is to understand the importance of movement and the links to longer term development (e.g. academic learning).

What are fundamental movement skills?

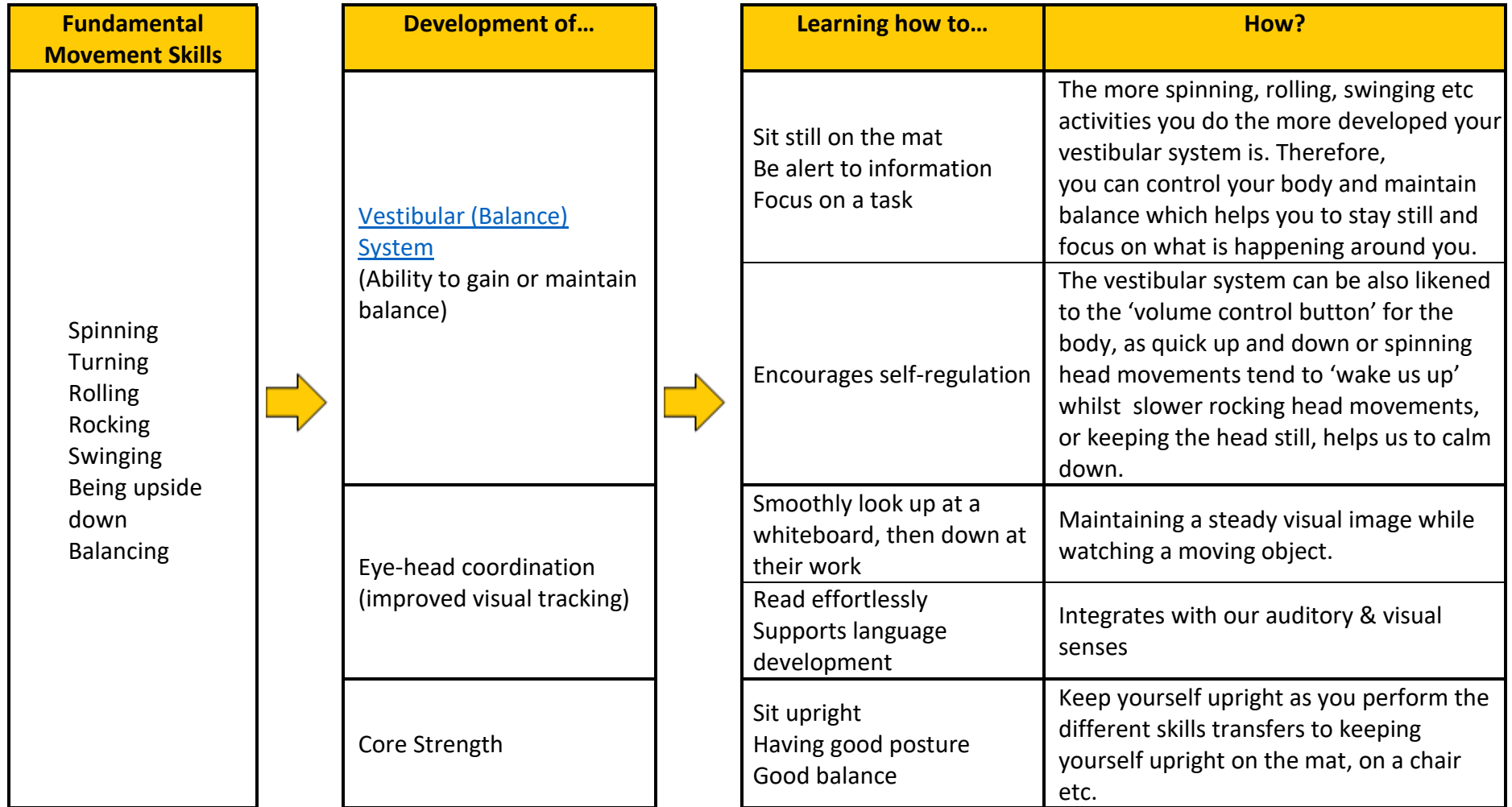
Fundamental Movement Skills (FMS) are the building blocks for all movement, and lead to more complex movements which enable us to play games, dance, and play sport. They are important to the motor development of children's physical, cognitive, and social growth. There are four categories in which the fundamental skills fit for under-fives: Stability and Balance, Manipulative, Locomotor, and Movement and Body Awareness.

Movement and brain development

In a child's first three years they develop 85% of their brain pathways. Every experience a child has helps to wire the brain and build those pathways. Through repetition children make those brain pathways stronger and connect them together. On average it takes 90 repetitions to create one pathway and make it 'permanent', i.e. learning to tie your shoelaces; you would have to practice that skill around 90 times before you can do that skill without thinking. If you release endorphins, you take on information faster. Children release endorphins through...movement/ laughter/ singing.

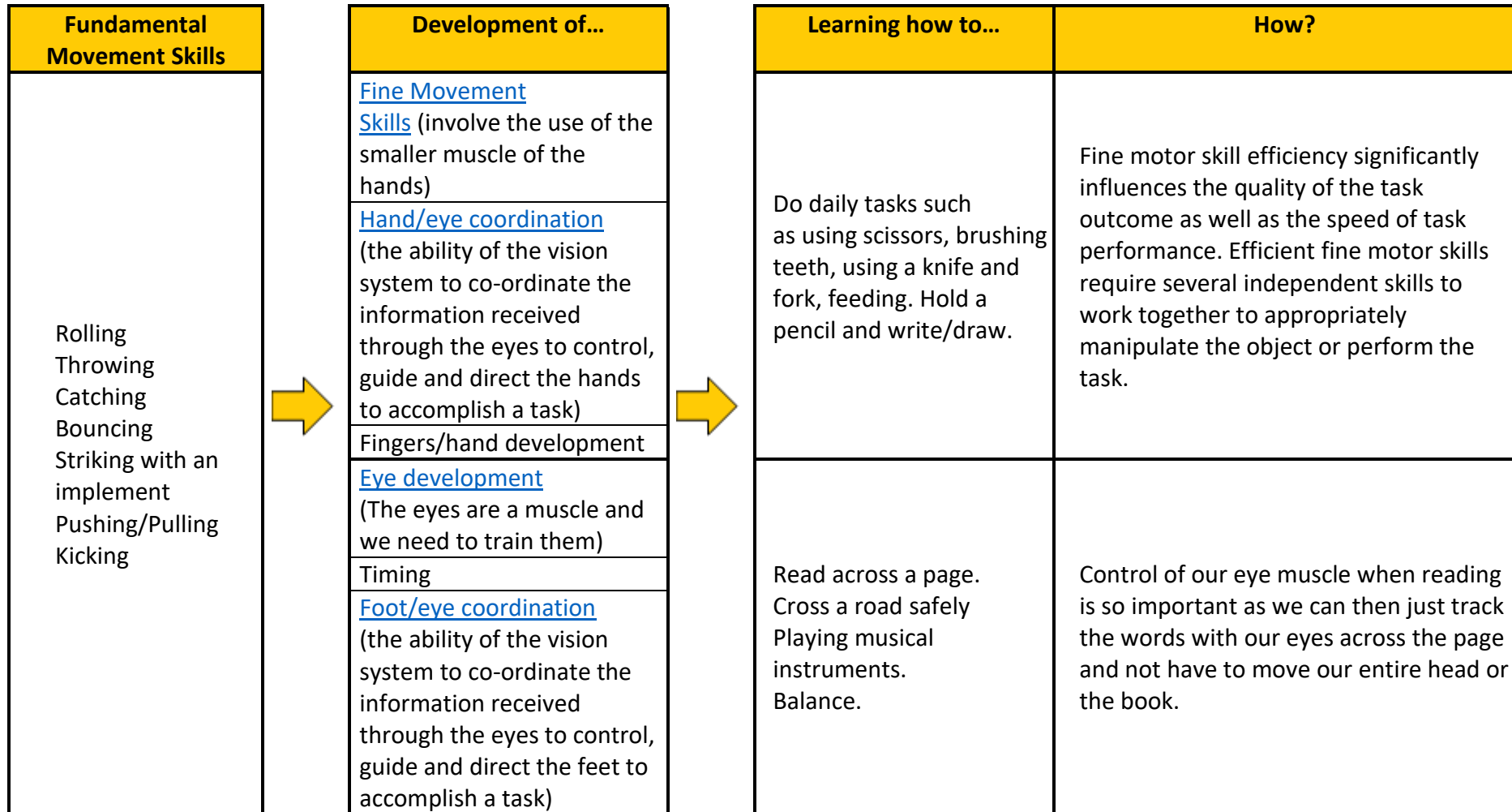
Stability and Balance [Link to more information](#)

Stability skills relate to the body's ability to gain or maintain balance, either when still or moving.



Manipulative Skills [Link to more information](#)

Manipulative skills are the skills we need for moving objects around.



Locomotor Skills [Link to more information](#)

Locomotor skills are the skills involved in moving from one location to another.

Fundamental Movement Skills	Development of...	Learning how to...	How?
Walking Running	Spatial Awareness Speed Cross Patterning	Judge how fast cars are travelling Know where my body can fit- e.g. sitting on the mat, chairs, lining up Know how far away to stand from someone Put spaces in writing-letters, words, sentences Complete activities at different speeds	When a child is developing their spatial awareness, they begin to become aware of their placement in relation to the things around them. They are central to this, and they need to understand their location as well as concepts like distance, speed and placement (over, under, behind etc.). This translates to knowing what sort of space you need between letters, words and sentences.
Jumping Hopping Skipping	Bopping (bouncing up and down) Plantar (push away) reflex Bending of knees Safe landing- soft, hard etc	Do tasks hard or softly e.g. pencil pressure Jump - Hop - Skip	Opposite arm, opposite leg movement is so important for brain development. It is this movement that helps develop the brain so it can send information between the left and right sides of the brain. Pathways between the two hemispheres of the brain develop. The more pathways, the more efficient the processing.
Crawling Climbing Swimming	Cross patterning Using both sides of the brain Upper body Strength development	Coordination Write across a page Think and write creatively Complete self-care tasks such as putting on your socks and shoes, brushing hair, feeding Crossing arms and legs	Crossing the midline breaks down the midline (imaginary line that separates the left from right). Development of laterality- the understanding that the body has two sides and that each side can be used independently.

Movement and Body Awareness [Link to more information](#)

Movement and body awareness is the understanding of ‘what my body is like and how I move with it’.

Fundamental Movement Skills	Development of...	Learning how to...	How?
Names of body parts	Spatial awareness	Judge how fast cars are travelling Know where my body can fit- e.g. sitting on the mat, chairs Know how far away to stand from someone Put spaces in writing- letters, words, sentences	When a child is developing their spatial awareness they begin to become aware of their placement in relation to the things around them. They are central to this, and they need to understand their location as well as concepts like distance, speed and placement (over, under, behind etc.). This translates to knowing what sort of space you need between letters, words and sentences.
Location of body parts	Body Rhythm	Timing (required for crossing a road) Understand mathematical concepts Pattern recognition Improve memory Use listening skills Develop language Self-regulate Following instructions	While moving, singing and playing, a child learns through hearing the appropriate language associated with the task, e.g. under, over, behind, in front, on top of etc. Music also enhances body rhythm which is a prerequisite for skills such as timing mathematical concepts, memory, hand-eye and foot-eye coordination.
How these body parts move	Repetition	Child protection	Children are more likely to learn and understand what words are by physically doing things and hearing the language.
(Teach through music as it enhances development)	That your body belongs to you		