

# Fundamental Movement Skills (FMS)

**Developing basic movement skills is as important for a child's health and ability to do everyday tasks now and as they get older, as it is for their performance in sport.**

The sequence in which children learn these skills is similar. While there can be gender differences in some activities, for example boys tend to develop the overarm throwing skill quicker than girls, both girls and boys need to be given opportunities to develop all skills.

FMS are generally grouped into **3 categories**:

## 1 Locomotor (Movement) Skills

- Walking
- Running
- Jumping (for distance, for height, one leg to another)
- Hopping
- Leaping
- Skipping
- Swinging
- Side stepping
- Dodging
- Galloping
- Climbing
- Crawling



## 2 Body Control (Stability) Skills

- Balancing on one foot
- Walking on a line or a beam
- Climbing
- Rolling (forward roll, log roll)
- Twisting
- Turning
- Rotating
- Landing
- Stopping
- Bending
- Stretching



## 3 Object Control (Manipulative) Skills

- Catching
- Overhand throw
- Underhand throw
- Punt kicking (kicking ball from hands)
- Striking with an implement
- Two handed striking
- Hand dribbling (repeatedly bouncing a ball with one hand)
- Foot dribbling
- Kicking
- Chest passing



The first

**8 years**

is the best time for a child to develop FMS skills.

