

## Fundamental Movement Skills Program

Research suggests that fundamental movement skills are the key to addressing issues of participation levels in physical activity and also in addressing the increasing obesity levels amongst the general population. If students are proficient in fundamental movement skills they are more likely to participate in games and sports and establish long-life commitment to health and physical activity.

The students at Coolbellup Learning Centre engage regularly in our Fundamental Movement Skills (FMS) Program. FMS are gross motor movements that involve different body parts such as feet, legs, trunk, head, arms and hands. FMS are the foundation movements for more complex and specialized skills required to play low-organized games, sports, gymnastics, dance and recreational activities. These skills can be categorized into three main skill areas;

1. **Body management skills** involving controlling body balance whether on the move (dynamic balance) such as rolling, landing, twisting and dodging or being stationary (static balance) such as balancing on one foot.
2. **Locomotion skills** are movements that take the body in any direction, from one point to another. They include walking, running, dodging, jumping and landing.
3. **Object-control skills** involve hand-eye or foot-eye coordination in manipulation of such objects as balls, hoops, racquets and bats. They involve kicking, catching, throwing, rolling and dribbling.