

Fundamental movement skills

This information sheet describes the fundamental movement skills that tamariki learn as they develop physical wellbeing. Each tamaiti is unique and will develop the skills at their own pace, and in their own way.

As tamariki gain fundamental movement skills they develop agility, coordination, and the confidence to use their bodies to take risks and meet physical challenges.

As they explore, create, and play together, they also engage in the cognitive, social, emotional, and spiritual dimensions of learning.

Fundamental movement skills are a foundation for many physical activities including games, kapa haka, dance, outdoor recreation, and sports. They are an essential part of enjoyable participation and a lifelong interest in an active lifestyle.

Stability skills

Stability skills relate to the body's ability to gain or maintain balance when still or moving. They involve learning about the relationship between the body and the force of gravity. They are necessary for developing all movement skills. Balancing and rotation are the two main types of stability.

Kaiako support stability skills when they:

- enable tamariki to develop stability skills unaided
- provide resources to help stabilising – furniture, handrails
- encourage children to explore balancing – balance beams, stepping stones
- role model twirling, spinning, and turning around in dance and movement sessions.

Locomotor movement skills

Locomotor movement is moving from one place to another horizontally or vertically. These skills involve coordinating muscles with the neurological system.

Gross motor movement involves the large muscles of the arms, legs and torso – walking, running, dodging, jumping, hopping, skipping, climbing. Fine motor movements use the small muscles in the hands and wrists – gestures, finger plays, finger clicks or tickling.

Kaiako support locomotor skills when they:

- access large spaces for gross motor movement – open playgrounds, parks, te ngahere (the bush)
- play outdoor games – hopscotch, kī-o-rahi, tuuga taga (sack race)
- engage tamariki in dance and drama movement expression.

Manipulative skills

Manipulative skills involve moving or using an object with the hands or feet.

- For gross manipulative skills tamariki might use beanbags, bats, balls, or hoops.
- For fine motor skills tamariki might use a hammer, paintbrush, scissors, or poi.

Manipulating a pencil, crayon or felt pen is a vital skill for developing literacy.

Kaiako support manipulative skills when they:

- provide children with sufficient resources – balls, beanbags, rākau, poi – to use when they want to
- provide an environment that can be moved and changed by the children – tyres, planks, small ladders, boxes.

Movement and body awareness concepts

These concepts refer to understanding what our bodies are like, how we can move with them, and where our bodies are in relation to other people or objects.

Kaiako support movement and body awareness when they:

- encourage children to play together – playing games or dancing
- engage in talk and songs about body parts

Supports Video 1: Do you let me fly?

- encourage dramatic expression – being a coconut tree, a wave on a beach, a piwakawaka.

Considerations for kaiako practice

Transferring skills between different contexts

The fundamental movement skills may be developed in many contexts, on fixed equipment, with moveable equipment pieces, outdoors, indoors, and in the natural environment. Each context complements the other as children apply the skills learnt in one context to other situations.

Tamariki leading their learning

When children are able to create and recreate their own environments they are able to set their own learning agenda. Tamariki develop as they challenge themselves, taking risks around speed, height, and tests of strength. This motivates further learning as tamariki build an image of themselves as courageous, confident, exploratory, and successful.

Opportunities to learn from one another

Tamariki have varying levels of competence in the fundamental movement skills. In a group setting, tamariki can support each other, and share their growing expertise. Games provide opportunities to learn about the collaborative nature of teams.

Sharing with whānau and parents

When kaiako build relationships with whānau, they learn about whānau approaches to physical wellbeing. Some whānau will have expertise to draw on. Others may be hesitant about safety.

It is important for parents to know that kaiako support tamariki to build their ability to assess risk and to develop an understanding of safety. Adherence to the

NZ playground safety standards and regular playground safety checks are important in this.

Do you let me fly?

Ka tukuna rānei ahau kia rere?

E te fa'atagaina a'u ina ia ou sailiili ma finau, ina ia manuia lo'u lumana'i?

Teke 'omai ha faingamalie keu puna?

Talai nakai e koe ke lele au?

Further information

Video and websites

This information sheet expands on the video **Do you let me fly?** Watch the video for examples of kaiako supporting tamariki to develop fundamental movement skills.

- <https://tewhariki.tki.org.nz/kia-kori-tahi/>

The following websites provide comprehensive information and activities for promoting the fundamental movement skills of tamariki.

- Nuku ora nukuora.org.nz/support-and-development/education/fundamental-movement-skills/#underfives
- Heart Foundation learnbyheart.org.nz/index.php/resources
- Sport NZ sportnz.org.nz/resources/active-movement-activity-guides-for-children-0-5-years/

Te whakapapa ō te haka

Tānerore is the son of Tamanuiterā, the sun god, and Hineraumati, the summer maid. Tānerore is credited with the origin of haka. He personified the many forms of posture, dances and movement.

He quivered his hands to represent the shimmering heat waves given off Papatūānuku, Earth Mother, when heated by his ancestor Tamanuiterā in raumati, the summer season. This quivering of hands is represented by the wiriwiri in haka.

Supports Video 1: Do you let me fly?

teara.govt.nz/en/waiata-tawhito-traditional-maori-songs/page

health.tki.org.nz/Key-collections/Exploring-te-ao-kori/Learning-experiences/Voice-and-movement

