

Fundamental Movement Skills

To become physically literate, children need to master fundamental movement skills, but this mastery does not come all at once, and we need to remember that children are not just “adults in miniature.” For almost every skill, the developing child needs to go through a series of developmental stages. The goal should be to help each child move to the next stage of the skill they are learning, rather than pushing them to perform the skill the way an adult would. The Fundamental Movement Skills Chart shows a number of the most important fundamental movement skills that each child needs to master. It also indicates when readiness for learning each skill emerges. This provides the optimum time to learn the skill. In some cases, if the skill is not learned there may be a need to seek professional help. It also suggests the kinds of programs/locations where the child is most likely to learn and develop the skill. Space is provided for caregivers to track each skill as it is developed by the child.

