



## Sample Newsletter #2 - Fundamental motor skill development

### Physical activity for my whole body: Learning about fundamental motor skill development

Dear parents,

This week, in the Healthy Beginnings 2-5 program, your child has learned about the many different ways to be physically active. Variety in physical activity is important, as there are three basic movement skills that preschoolers should work on developing. The key messages this week were:

- Doing many different types of physical activity is important
- Running, jumping, catching, throwing, and balancing are fun and important skills for preschoolers to practice
- Learning these skills can help to set preschoolers up for trying more advanced physical activities, like soccer, tennis, hiking, and gymnastics
- Trying physical activity on different surfaces and using different equipment, such as swimming, ice or snow activities, and bike riding, is important

#### ***What are fundamental movement skills?***

Fundamental movement skills are the basic patterns of moving the body. These basic skills are involved in more complicated physical activities. Preschoolers who develop these skills can feel more confident to participate in more advanced physical activity and sporting activities as they grow up.

Fundamental motor development skills fit into three broad categories. Preschoolers should do activities and build skills from all categories:

#### Locomotion skills

- Skills that are involved in moving the body forward, backward, side to side, or up and down
- Running, jumping, hopping, skipping

#### Coordination skills

- Skills that use items you can catch and throw
- Throwing, catching, kicking, batting/striking objects

#### Balancing skills

- Skills that involve adjustments to hold the body upright or in one position
- Balance adjustment, changing body positions





### **What are some activities we can do at home to promote fundamental motor development?**

Many games involve a combination of locomotion, coordination and balancing skills, so chances are your preschooler is already learning some of these skills. Try to pay attention to their play, there might be a certain category of skills left out of most of your games, such as manipulative or balancing skills, and try to incorporate these.

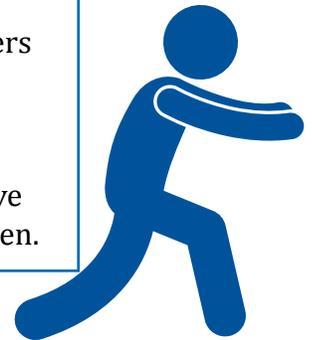
Here are some games that involve all three fundamental movement skills.

## **Roll Ball**

Assemble all of the soft balls you have in your house, and play this game in an enclosed room. Children need to run from one side of the room to the other, without any of the rolling balls touching their feet.

### **Let's play:**

- Designate one participant as a roller and the other as runner. Line all the balls up on one side of the room. Have the runner line up on the wall directly perpendicular to the wall with balls.
- On go, runners run from one end of the room to the other, with rollers rolling the balls into the middle of the room. Balls must stay on the ground at all times, and should be rolled gently. If a ball touches the runner, they become a roller.
- If playing with two participants, if the runner gets touched, they have to do a short fitness task such as 10 frog jumps. Rotate positions often.



## **Balloon-Minton**

Swapping a birdie for a balloon helps to slow down the speed of badminton, while increasing the unpredictability of the projectile.

Here are some suggestions for Balloon-Minton games using hands as racquets:

- How many passes can you keep the balloon up for?
- From how far away can you pass the balloon?
- How many passes can you make while standing on one leg? While crouched? What if you have to reach up high or jump?
- Can you hit the balloon with both hands? With your feet?
- Can you pass the balloon with your belly? With your head?
- Here are some suggestions for Balloon-Minton games with racquets:
- How many touches can you keep the balloon up for by yourself? With a partner?
- How far can you hit the balloon?
- Can you hit the balloon when someone pitches it to you?
- Are there targets on the walls that you can aim your balloon at?

*Adapted from [www.canadiansportforlife.ca/active-start/physical-literacy-during-active-start-stage](http://www.canadiansportforlife.ca/active-start/physical-literacy-during-active-start-stage) and [canadiansportforlife.ca/sites/default/files/resources/FMS%20Tools%20for%20Schools.pdf](http://canadiansportforlife.ca/sites/default/files/resources/FMS%20Tools%20for%20Schools.pdf)*