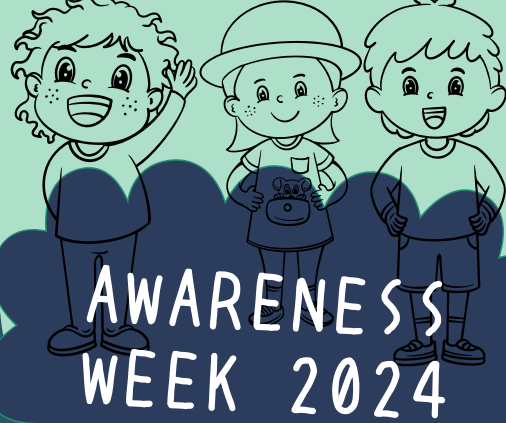


MOVEMENT & MOTOR SKILLS



SAPIK Newsletter

When building a house, it is said that the foundation is the most important part. Without a solid foundation, the house will crumble and fall. In a similar way our movement has certain foundational blocks needed for more complex skills later in life. We call these skills, fundamental motor skills. According to researchers, the three basic foundational skills or building blocks are: locomotor skills, stability (balance) skills and object-manipulation/ball skills (Barnett *et al.*, 2016). Each skill needs to be mastered for later, more progressive skills to develop.

Let's take a closer look at each skill. Locomotor skills are the type of skills that allow movement from one point to another, for example, skills such as walking, running, jumping and galloping. Stability skills, or otherwise called balance, include skills that allow a child to maintain a stationary position, such as standing on one leg or dynamic movements, such as walking on a balance beam. The third fundamental skill, object-control skills, also known as manipulative or ball skills include, but are not limited to catching, kicking and throwing (Barnett *et al.*, 2016).



The question you may ask at this point is: How are these fundamental skills essential to movement? As previously indicated by our house metaphor, without these foundational skills, we would be unable to build a wall, windows and finally a roof for this metaphorical house. In the same way, this foundation allows us to learn and perform more complex skills. Let's think about throwing, for example. What is one of the key actions performed in a netball match? If it wasn't for the learning of the basic throwing patterns, one would have been unable to learn and distinguish between a chest pass, overhead pass, or a shoulder pass. These progressive skills are not limited to sport and apply to our everyday lives. Motor proficient children equal active children. No child wants to participate in activities if they feel they are not proficient, capable and confident to perform the tasks. Ultimately, such feelings lead to a child being inactive. Several researchers have indicated that being proficient in fundamental movement skills will lead to maintaining physical activity and fitness levels, as well as preventing lifestyle diseases such as obesity (Logan *et al.*, 2015).



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So how does this relate to Kinderkinetics?

Kinderkineticists are trained in developing fundamental movement skills in young children from an early age in order to nurture children's love of movement and to promote physical activity and fitness among them.

We focus on developing skills that allow them to participate in a wide range of activities and be able to excel in sport-orientated activities. Our activities are play-orientated and therefore children love being part of the lessons. Have a look at our website to find a Kinderkineticist in your area.



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www.kinderkinetics.co.za