

Getting back to fundamentals

Opportunities for Active Movement from birth for all children are essential for brain development. Every movement made makes connections within the brain and the body. The development of these connections is vital for memory, sensory development, communication between the two sides of the brain, processing information, participation in the arts, and later the formal learning of reading, writing and mathematics. Active Movement strengthens these connections.

Active Movement is engaging in quality physical movement experiences which develop and enhance the spiritual, emotional, social, cognitive and physiological growth of the child.

Fundamental Movement Skills

As young children move into more conscious control of their movement they can develop their fundamental movement skills. These are the foundation skills to more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation experiences that they will be involved in later in their lives. There are four key fundamental movement skill groups:

- **Locomotor** - walking, running, jumping, leaping, galloping, hopping
- **Stability** - balancing, stretching, twisting, waiata movements, bending, turning, haka, rolling
- **Manipulation** - throwing, catching, batting, poi, tira titi torea, kicking, dribbling, bouncing
- **Movement and Body Awareness** - spatial awareness and movement selection

It is important that children are given plenty of opportunities to develop these different skills. Below are some useful tips for parents and teachers on how to support fundamental skill development in children.

Provide daily opportunities: Daily active opportunities dispersed throughout the child's day will provide optimum growing and leaving development.

Variety is important: There are many different fundamental skills. Plan a variety of activities that develop the four key skill groups in your child.

Avoid inactivity: Control 'screen time' (TV/video watching, playing on computers and game consoles). Set time limits and be selective.

Create family traditions: Commit to and enjoy a family outing on a regular basis, such as taking a walk, going to the beach, going for a bike ride.

Be a positive role model: Find an activity that works for you-walking the dog, riding a bike, swimming, lifting weights, waka racing etc

Healthy Nibbles for Tots

Nutrition and physical activity Information for Under 5s

For more information visit: www.cph.co.nz

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