

Fun with Fundamentals

The last six months have been busy for three kindergartens in the Lower Hutt area; Maungaraki, Epuni and Dyer St Kindergartens have all taken part in the Sport Wellington Fundamental Movement Skills Project.

This project looks at the importance and development of Fundamental movement Skills (FMS) in under 5's, with a focus on basic movement skills such as jumping (and other locomotion), hand eye coordination, balance and rotation. FMS not only benefits children for physical activity and skill development for games but they also help form the foundation for formal learning and general day to day activities. Sport Wellington's Young Person Advisor Rachel Spriggins says "the skills which they learn at kindergarten are applied more fully when the children start primary school, as they help aide physical and cognitive development."

The objective of the project is to ensure that children are doing FMS everyday so that they become automatic skills. The project worked alongside the kindergartens through teacher training and modeling sessions. Some centres took up the opportunity to educate their parents further and also implement daily FMS sessions. A lot of the activities used are very simple and can be incorporated quite easily; they also use easily accessible equipment such as balloons and cardboard made bats, or ping pong balls and spoons

