



FUNDAMENTAL MOVEMENT

Fundamental movements are the basic movements that children develop in the early stages of life. These movements form the foundation for more complex movements that are necessary for participation in sports and other physical activities. Here are some examples of fundamental movements in child development:

1. **Locomotor movements:** These movements involve the movement of the whole body from one place to another. Examples include walking, running, hopping, skipping, jumping, and galloping. Locomotor movements help children to develop coordination, balance, and strength.
2. **Non-locomotor movements:** These movements involve the movement of individual body parts without changing the position of the body as a whole. Examples include bending, twisting, stretching, and turning. Non-locomotor movements help children to develop flexibility, body awareness, and control.
3. **Manipulative movements:** These movements involve the use of objects and the hands or feet to manipulate them. Examples include throwing, catching, kicking, and striking. Manipulative movements help children to develop hand-eye coordination, timing, and accuracy.
4. **Stability movements:** These movements involve the ability to maintain balance and control the body in a stable position. Examples include standing on one foot, balancing on a beam, and holding a yoga pose. Stability movements help children to develop core strength, balance, and spatial awareness.

Developing these fundamental movements is important for children as it allows them to explore and interact with their environment, build confidence in their abilities, and set the foundation for a lifetime of physical activity. Children who have developed good fundamental movements are more likely to be successful in sports and other physical activities as they grow older.

QUICK GUIDE

Look out for these icons on our product information downloads; they identify the main fundamental movements that the product offers, at a glance.



Agility



Running



Jumping



Throwing



Balance



Catching



Kicking