

Movement skills at home



Fundamental movement skills like running, kicking and throwing, are skills used in many sports and active games. Children who are taught these skills from a young age are more likely to be physically active throughout their lifetime.

Many children still can't perform these skills well, even by the time they reach their middle primary school years.



Children will not learn these skills naturally like they would learn to crawl or walk. A great way to help your child develop these skills is to play games that use these skills at home. The key to this is to role model and have fun with it.

Here are some simple activities you can do with your child at home.

Jumping

Disco time

Play some music and have a bit of a dance. Bend down and touch the ground and then reach up tall. This movement can lead into jumping.

Running

Hide and seek / tip games

Games like hide and seek are a great way to expend energy and encourage children to practise the skill of running.

Galloping

Pony rides

Mark out a course either inside or outside and gallop along the track like a horse.



Leaping

Frog leaps

Use pillowcases or pillows as lily pads. Set up the lily pads so that your child can leap between each one, just like a frog.

Side-sliding

Side-slide course

Set up a track either inside or outside. Encourage your child to side-slide around the course.

Skipping

Skipping race

Choose an area where you can have a skipping race. See who can skip the fastest to the finish line.

Over/under arm throw

Basket toss

Use a washing basket and rolled-up socks. Try to get as many pairs of socks as you can in the basket.

Catching

Toy catching

Use a soft toy to practise catching. Stand facing your child. Start off close and move further back with each catch.

Stationary dribbling

Dribbling race track

Select a space to make your racetrack. Dribble a bouncy ball around the track. If needed, use two hands to make it easier.

Hopping

Egg hunt

Place objects around the house or yard. These are the eggs. Ask your child to hop around the house/yard like a bunny to find the eggs.

Kicking

Goals

Set up goal posts using chairs, pillows or toys. Get your child to practise kicking through the goals with some socks, a soft toy or a ball.

Striking

Putt putt

Set up some goals/targets. Use a broom and rolled-up socks to play a game of putt-putt golf. Reduce the size of the goals to make it harder.

