

Movement Skills and Games Reference Sheet

Competence (FMPs + FMSs) + Confidence + Motivation = Physical Literacy

Fundamental Movement Patterns (FMPs)

1	Stationary positions	All "held" positions... including balances
2	Locomotion	Changing levels, Left, Right, Fwd, Bkwd, slow, fast
3	Landings	On feet; On hands; with Rotation... Fwd, Bkwd
4	Rotation	On Feet; On Hands; On Body
5	Spring	On leg(s); On hand(s); on/off objects
6	Swing	On, from, around object
7	Object Manipulation	Projection or Reception of objects

****Adapted from Kids CanMove*

Fundamental Movement Skills (FMSs)

Travelling Skills	Object Control Skills	Balance Movements
<ul style="list-style-type: none"> • Boosting • Climbing • Eggbeater • Galloping • Gliding • Hopping • Ice Picking • Jumping • Leaping • Poling • Running • Sculling • Skating • Skipping • Sliding • Swimming • Swinging • Wheeling 	<p>Sending:</p> <ul style="list-style-type: none"> • Kicking • Punting • Rolling (ball) • Strike (ball, puck, ring) • Throwing <p>Receiving:</p> <ul style="list-style-type: none"> • Catching • Stopping • Trapping <p>Travelling with:</p> <ul style="list-style-type: none"> • Dribbling (feet) • Dribbling (hands) • Dribbling (stick) <p>Receiving and Sending:</p> <ul style="list-style-type: none"> • Striking (bat) • Striking (stick) • Volleying 	<ul style="list-style-type: none"> • Balancing/Centering • Body Rolling • Dodging • Eggbeater • Floating • Landing • Ready position • Sinking/Falling • Spinning • Stopping • Stretching/Curling • Swinging • Twisting/Turning

Thematic Games Approach - Teaching Games for Understanding (TGFU)

The TGFU model (Bunker & Thorpe, 1982) focuses on a problem-based approach to skill development that utilizes games which incorporate *decision making, strategy, game sense and problem solving*. By removing the 'sport' element, the learning experience and skills developed can then be applied towards a multisport model for participation and increases opportunities to remain active for life.

TGFU Game Categories

1) Target Type Games

- Emphasis on accuracy and control

2) Net/Wall Type Games

- Involves moving, controlling and hitting an object(s) within a specified space

3) Striking/Fielding Type Games

- Can involve running, striking, throwing, kicking and catching in a large open space

4) Invasion/Territory Type Games

- Involve controlling an object, keeping it away from opponents and moving into a scoring position in order to attack a goal

TGFU Concepts

- ✓ Teach games through games
- ✓ Break games into their simplest format – then increase complexity
- ✓ Participants are intelligent performers in games
- ✓ Every learner is important and is involved
- ✓ Participants need to know the subject matter
- ✓ Need to match participants skill and challenge

Play * Discuss * Practice * Play