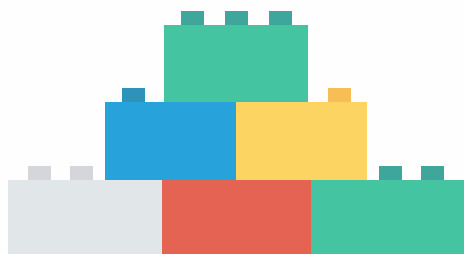


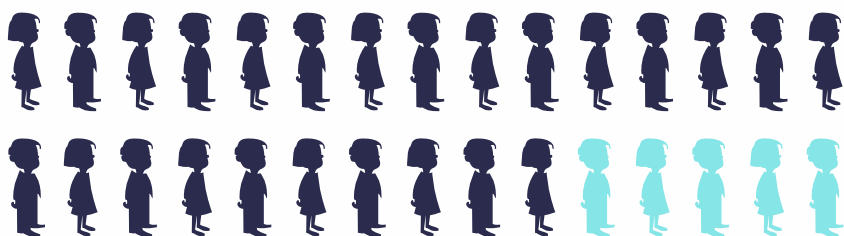


**Changing
everyday
routines to
improve
fundamental
movement
skills**

Fundamental Movement Skills



Fundamental movement skills are the building blocks which enable children to learn more advanced movement skills. They include things like running, jumping, hopping, throwing, kicking, and balancing.



2-5

children in every class will have difficulties with fundamental movement skills

Childhood is a unique time of rapid growth and change, but all children progress at different rates. This can be because of fewer opportunities to practice and master new skills and differences in the child's brain that impacts development.



Practising these skills every day will help children with their school work and to have healthy and happy lives.

It is essential to support children who are struggling with fundamental movement skills as early as possible.



About this Resource

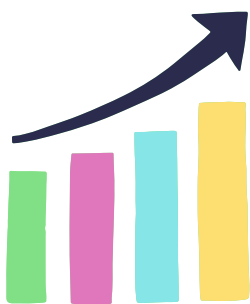


Quick and easy

This resource has suggestions of activities to improve your child's fundamental movement skills that you can fit into your everyday routines. The aim is to fit activities into your everyday routine, so it doesn't need to take extra time!

Enjoying movement

The key thing to remember is to make it FUN and get your child MOVING! There is also a space for you to add your own ideas.



Practice means progress

The more your child practices these skills, the more they will improve over time. Including these activities into your everyday routine will help support healthy development.

Encouragement is key

Keeping things playful is essential to help develop confidence and encourage your child to give activities a go. Make sure you give them lots of encouragement for attempting something new!



Child confidence

Complete this with your child now. It will help to show you how they feel they are doing in each fundamental movement skill. After three months repeat this exercise to see if there have been any changes over time – there is a second copy of this at the end of the resource.

Date completed:

Activity	Very easy	Quite easy	Quite hard	Very hard
Running				
Jumping				
Hopping				
Throwing				
Catching				
Balancing on one foot				

Before each activity think about how easy or hard your child finds it and pitch it so that it's not too easy but also not too hard because this might put them off!

Here is an example of how you could adapt throwing and catching by using different objects:



Balloon
(Easy)

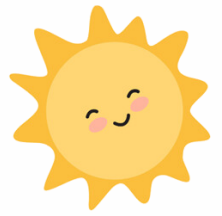


Teddy
(Medium)



Small ball
(Hard)

Morning Routine



When you get out of bed, try standing on one foot, arms stretched wide and hold your balance.

On the way to the bathroom to brush your teeth try jumping or hopping some or all the way there.



After breakfast, throw and catch a balloon, toy or ball a few times before going to get your shoes and coat on

On the way to school, choose a length of pavement and see how fast they can run!



Try avoiding stepping on the cracks in the pavement by hopping or jumping.

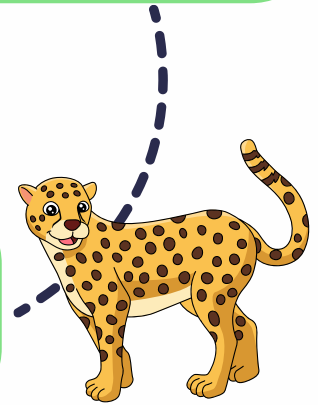
Your ideas:

Afternoon Routine



On the way home from schools ask your child to try moving like as many different animals as possible e.g. crab, frog, kangaroo

Get them to have a go at running too - can you run like an elephant (heavy footed), mouse (tiny steps), cheetah (fast) and tortoise (slowly)



Ask them to help you make dinner - can they throw you the rice? Can they catch a pepper? Can they hold their balance on one leg while you butter the bread?

Your ideas:

Evening Routine



Can they balance on one leg for a few seconds while they brush their teeth? If it's easy on one leg, ask them to try the other! See if they can hold it for longer each time.



Can they commando crawl on their tummy to their bedroom? Once they are good at this you can increase the distance!



Count how long can they hold a bridge position before they get into bed (laying on the floor with their knees at 90 degrees, lifting their bottom off the floor). You can make this harder by getting them to keep their feet and knees together, or try and hold one leg off the ground!

Your ideas:

Ideas for weekends and holidays

Obstacle course

Using whatever space and resources you have available make an obstacle course. It might include things like:

- Commando crawling
- Hopping/ jumping over objects
- Throwing to a target
- Walking along the curb
- Balancing on one leg
- Running



Family disco



Play your child's favourite songs and get them to have a dance! You could:

- Blow some bubbles for them to pop (great for coordination!)
- Add balloons to encourage hitting and catching
- Play musical statues - can they balance in a wide shape, a narrow shape, a small shape, on one foot, or in a funny position?

Mini football

Football is great for practicing running, kicking, jumping, throwing and catching. If your child enjoys football then having a kick about in your garden or local park is a great way to develop these skills. Play at your child's level, and give them plenty of opportunities to succeed.



More ideas for weekends and holidays

Skipping

Practice skipping with a rope. Start by getting them to jump over it on the floor, then when they can do that you can make it more difficult by:

- Lifting it off the floor slightly
- Moving it from side to side
- Swinging it fully over their head



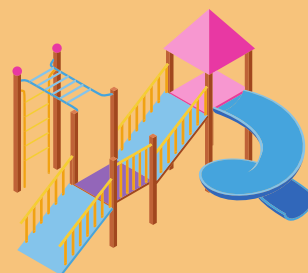
Friendly races

Use “on your marks, get set, go!” to develop a controlled start to running. Start a fun, family friendly race to a visible target - “race you to the next tree!”. You can also race pretending to be different animals (e.g. elephants, frogs, and crabs) or vehicles (e.g. cars, trains, and aeroplanes)!



Visit your local playground

Playground equipment is carefully designed with children's motor skill development in mind! There will be opportunities to practice climbing or balancing there. Links to find out about family friendly activities in Bradford parks can be found at the end of this resource.



Child confidence

You can complete this after three months of trying the activities. Compare this with the first one you completed, have there been any changes?

Date completed:

Activity	Very easy	Quite easy	Quite hard	Very hard
Running				
Jumping				
Hopping				
Throwing				
Catching				
Balancing on one foot				

What if I still think my child is struggling?

Practice means progress

Don't worry if you don't see progress instantly, this can take some time. Allow at least a couple of months for these activities to start making a difference. Remember to encourage your child to keep them motivated!



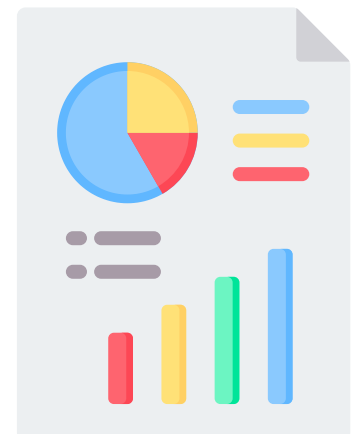
Speak to the school

Have a conversation with your class teacher about whether they have been re-assessed. They should be able to show you whether your child has made progress!



Highlight concerns

If after a few months of regularly practicing these skills your child is still falling behind with their movement skills after being reassessed, it might be that they need more specialist intervention. Speak to your school about asking the school nurse to refer them to Occupational Therapy and Physiotherapy services. Make sure that you give the school details on the activities you have been doing at home so they can pass this information onto clinical services.



Links to local organisations and resources to help

International Mixed Ability Sports (IMAS) Bradford

Contact for information on times of groups, some are suitable for children
www.mixedabilitysports.org/

Get the most out of your local playgrounds and parks

Information and ideas about what you can do in all of the Bradford parks
<https://www.betterstartbradford.org.uk/project/family/better-place/>

JU:MP (Join Us: Move Play):

Ideas and activities that can be used inside and outside the home:
<https://joinusmoveplay.org/things-to-do/>

Hop On Bike scheme

Free bike riding training in Bradford:
<https://hupon.bike/what-we-do/>

Yoga pretzels

Available as a card set, with ideas on how to use on YouTube:
https://www.youtube.com/playlist?list=PL0maGUp7cdUmXmZ9Lj_G5pfOq_cZqRvLi

Junior Park Run

(Free 2K weekly run for children aged 4 to 14). This event is national but there is a Bradford venue:
<https://www.parkrun.org.uk/events/juniorevents/#geo=3.8/55.05/-2.95>

Tree Fu Tom

From CBeebies. Copy the movements:
<https://www.bbc.co.uk/iplayer/episodes/b03ggt33/tree-fu-tom>

Bradford swimming pools and sports centres

<https://www.bradford.gov.uk/sport-and-activities/membership-and-prices/sports-centre-and-swimming-pool-prices/>

NHS sports and activities resources

<https://www.nhs.uk/healthier-families/activities/sports-and-activities/#sports-az>

Active At Home

YouTube videos on activities for children at home, including learn how to skip with a rope:
<https://www.youtube.com/playlist?list=PLf6aRmYsGYXbHJw8dxhjN-9eVXULheBVF>