

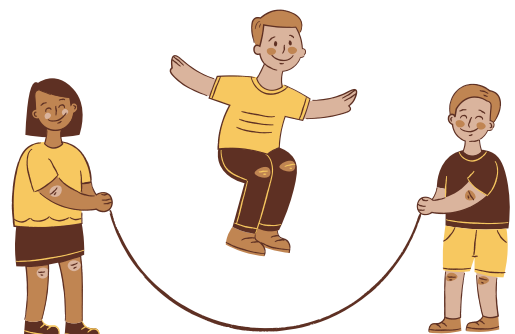
Stage 01

DESTINATION MOVEMENT

Comprehensive Didactic Guide for Sports For Schools, Clubs, and Academies

An Integral and Progressive Path from Preschool to Secondary School
Fundamental Movement Stage

Ages 4 to 7 years
By: Nancy Pierre

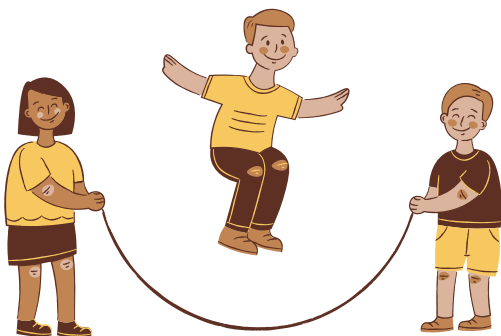


THE FUNDAMENTAL MOVEMENT STAGE: FOUNDATIONS FOR SPORT AND AN ACTIVE LIFE

The fundamental movement stage, according to the motor development taxonomy proposed by David Gallahue, John Ozmun, and David Goodway, is a crucial phase in an individual's motor learning journey. During this period, students must develop and consolidate basic, essential movement patterns that serve as building blocks for more complex skills (Gallahue et al., 2012).

For children aged 4 to 7, this stage is characterized by active exploration and initiation. The main goal isn't early specialization or high-performance competition. Instead, the focus is on a playful and varied experience of the movements that underpin all sports and general physical activity (Payne & Isaacs, 2017). This is a time for children to experiment with their bodies in space, develop body awareness, and improve their general coordination through both free and structured play.

If you're a sports coach or educator for any discipline within this age range, this practical teaching guide is designed to equip you with the necessary tools to facilitate this formative process. Our purpose is for you to inspire future generations through movement, collaboration, and a lasting commitment to physical activity, laying the groundwork for a healthy, active lifestyle.



CONTENTS OF THE DIDACTIC GUIDE

This didactic guide was designed with the primary goal of providing readers a clear and thorough understanding of its content and pedagogical approach. Its purpose is to serve as a comprehensive tool for teaching sports to children aged 4 to 7, moving beyond just technical instruction to encompass the student's complete development.

The teaching methodology proposed in this guide is holistic. This means it doesn't just focus on developing specific motor skills. Instead, it takes a holistic approach that integrates and values the student's growth across several fundamental dimensions:

KEY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

CRITERION #1: **Movement Skills**



- It focuses on developing and refining the essential motor skills for sports practice (dribbling, passing, throwing).

CRITERION #2: **Physical Qualities and Capacities**



- Seeks to stimulate and improve the physical aptitudes necessary for sports performance and general health (strength, endurance, speed, flexibility, coordination, agility).

CRITERION #3: **SOCIOEMOTIONAL SKILLS AND VALUES FOR SPORTS PRACTICE**



- Promotes the cultivation of interpersonal competencies and ethical values crucial for team participation (collaboration, respect, leadership, frustration management, fair play).

CRITERION #4: **COGNITIVE SKILLS FOR SPORTS AND PHYSICAL ACTIVITY PRACTICE**



- Develops the ability to understand the game, tactical thinking, decision-making, and spatial awareness in the context of basketball.

SKILLS BY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #1: Movement Skills

Locomotor and Stability (or Non-Locomotor) Skills to Develop:

These skills are fundamental for movement and body control. Incorporating them into games and activities helps children improve their balance, coordination, and body control.



Walking: Basic mobility in different directions (forward, backward, sideways) and rhythms.



Running: Beginning of a more fluid and coordinated run, with variations in speed.



Jumping: With both feet together (pushing off and landing), on one leg (from 4 years old), and from side to side.



Hopping (on one foot): Alternating jumps on one foot, a more advanced skill (4-5 years old).



Turning (spinning on one's own axis): Ability to rotate the body, improving spatial awareness and balance.



Balancing: Maintaining balance on one leg or on a surface.



Jumping Rope: Beginning of the skill (from 5 years old), developing hand-foot coordination.



Marching: Coordinated movement of arms and legs in a rhythmic pattern.

SKILLS BY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #1: Movement Skills:

Manipulative Skills:

These skills, also known as object control skills, are essential for hand-eye/foot-eye coordination, fine motor control, and interaction with objects.



Rolling a ball:

Controlling the movement of a ball on the ground towards a target.



Bouncing a ball:

Making a ball bounce on the ground with one or both hands.



Passing objects from one hand to another:

Transferring objects between hands, fundamental for bilateral dexterity.



Throwing: Learning to throw objects (balls, toys) with one or both hands, improving precision and force.



Catching: Receiving balls or other objects, initially with two hands and then with one.



Striking (Batting): Using an implement (e.g., plastic bat or racket) to hit an object, introduced with large and light objects (ages 4-5).



Kicking: Kicking a moving or stationary ball, developing leg control and balance.

SKILLS BY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #2

Physical Qualities and Capacities:



Coordination: Coordinated movements between hands and feet, essential for activities such as running, jumping, and throwing. Activities like kicking a ball or performing cross-body movements (crossing the midline of the body) improve coordination. Examples: jumping jacks, touching the right foot with the left hand, dance steps, hopscotch, jumping rope.

Balance: Maintaining stability in movement and at rest. Key for walking, running, and complex movements. Balance games (walking on a line, jumping on one foot), using training bikes with or without training wheels, roller skating, and age-appropriate gymnastics/yoga exercises, such as walking on a line.



Strength: Activities that naturally strengthen muscles (climbing, pushing, lifting light objects like foam blocks or large balls) to develop the strength of large and small muscles.

Speed: Fostering speed through games that include running, moving quickly, or responding agilely to stimuli (visual or auditory), developing a sense of rhythm and controlled speed.



Flexibility: The ability of a joint or group of joints and muscles to move through a full range of motion. It is fundamental for children to perform broad movements without restrictions, vital for general motor skills, injury prevention, and adopting appropriate postures. Playful stretching activities, bending, or imitating animals (e.g., stretching like a cat, bending like a tree) are important for maintaining and improving joint mobility naturally (Ruiz-Ariza et al., 2018; My Gym, s.f.).

Agility: The ability to change direction quickly and precisely while maintaining body control. Children should be encouraged to move freely in different directions and respond agilely to stimuli, which improves their agility and reaction time in dynamic environments.



SKILLS BY DEVELOPMENT AREAS

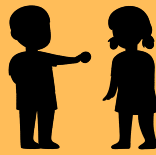
FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #3: Socioemotional Skills and Values



Teamwork and Collaboration: Participating in activities that require interaction and joint effort towards a common goal.



Sharing: Using and sharing materials and play spaces with other children.



Following Rules and Expectations: Understanding and adhering to the basic rules of games and the instructor's directions.



Managing Winning or Losing: Beginning to understand and accept game outcomes with a positive attitude.



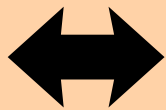
Respect: Demonstrating respect for others (peers, adults) and for resources (materials, play environment).

SKILLS BY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #4: Cognitive Skills



Concepts of Spatial and Body Orientation:

These help children understand their body in relation to space and follow movement instructions.

- Right / Left
- Up / Down
- Side to side
- Feet together / Feet apart
- Sit / Kneel / Stand / Lie down
- Crouch



Concepts of Movement and

Displacement: Essential vocabulary for describing and executing different forms of movement.

- Walk
- Run / Jog
- March
- Roll / Slide
- Jump
- Zigzag
- Column / Row / Circle



Concepts of Manipulative and Basic Sports

Skills: Terms related to interacting with objects and fundamental actions in sports.

- Throw / Catch / Pass
- Kick / Dribble



Concepts of Rhythm and Speed: To understand the intensity and tempo of movements.

- Slow / Fast

SKILLS BY DEVELOPMENT AREAS

FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

Criterion #4: Cognitive Skills



Socioemotional and Game Concepts:

Vocabulary that promotes positive interaction and understanding of group dynamics.

- **Collaborate / Team**
- **Rules**
- **Game**
- **Expectations (introduced simply)**



Body Control and Basic Physical

Qualities Concepts: Terms that help children develop awareness of their own body and its capabilities.

- **Balance**
- **Body Control**
- **Spatial Awareness**
- **Speed / Flexibility (as basic qualities)**
- **Crossing legs (movement that involves crossing the body's midline, important for neurological development)**

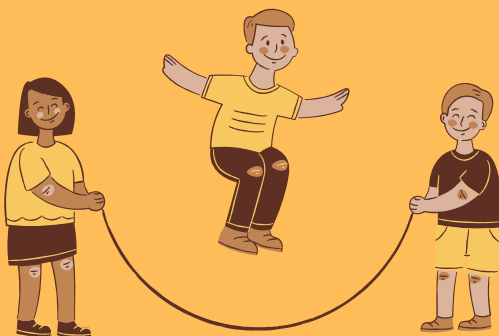
FINAL RECOMMENDATIONS FOR THE FUNDAMENTAL MOVEMENT STAGE

AGES: 4-7 YEARS

To ensure the maximum benefit from the learning units and physical activity sessions at this stage, the following guidelines are suggested:

- **Flexibility and Adaptability:** Learning units and training sessions should be highly flexible and adaptable to the capabilities, interests, and developmental rhythms of each child and the group as a whole.
 - **Playful and Discovery-Based Approach:** It is paramount that activities foster fun, exploration, and discovery. Learning through play is the most effective and meaningful method at this stage (Devís, 2000).
 - **Repetition and Variety:** Repetition of movement patterns helps consolidate skills, but it is crucial to vary activities and contexts to maintain children's interest and enthusiasm and prevent monotony.
 - **Safe and Supervised Environment:** All activities must be carried out in a safe physical environment and under constant supervision to prevent injuries and foster learning in an atmosphere of trust and exploratory freedom.
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- **Foundation for Future Growth:** Learning units, games, and activities should be consciously designed to help children develop fundamental skills that will serve as an indispensable foundation for their physical, social, and emotional growth in subsequent years, paving the way for physical literacy (Mandigo et al., 2009).
- **Introduction of Vocabulary and Practical Application of Concepts:** Introduce simple vocabulary and key concepts related to the skills to be developed in each unit, lesson, or training session (e.g., "balance," "jump strong," "share") and apply these concepts practically and immediately in the activities. This builds the foundation for future cognitive skills.
- **Adaptation of Materials and Spaces:** Use lighter and smaller balls, adjust the height of hoops or baskets (if used), and delimit play spaces that are proportionate to the children's size and capabilities. This facilitates success in skill execution and promotes more active and enjoyable participation.



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