

Foundation Skills

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All learning comes from movement. It develops through the senses when the child interacts with their environment.

From birth to the age of five the child has been building on the foundation that is needed for successful academic learning. They pass through stages in developmental sequence. When this does not occur, there will be gaps in their development that then creates gaps in their learning. (See the Pyramid of Learning).

Children are active learners and need to move to learn and at the same time learn to move. Children require a variety of movement experiences through play opportunities and quality instruction. A child experiencing motor difficulties from an early age may experience negative effects in other areas of their development.

Physical competence impacts on children physically, socially and academically, and has a tremendous influence on a child's future development. It is therefore essential from a preventive aspect to ensure that quality and quantity of exposure to movement activities is necessary to all children.

In the daily P.E. Fitness programme the children perform movement activities at the level of their development, then practise further to ensure the movements become easier and more automatic.

To continue on the journey of developing an integrated and well co-ordinated child the following skills are the basis of the Foundation Skills, Health and P.E. programme.

Alertness

Messages from the world to the brain

Posture

Tuning in

Intrgration

Directionality

Space

Meaning from hearing, seeing, feeling (Perception)

Visualisation

Language

Understanding time

Sequence

Organisation

