

# LEAPS

learning eating active play sleep



## Fundamental Movement Skills: Non-Locomotor (Stability)



**Non-locomotor skills enable children to maintain stability and control when in different positions and when moving. The body remains in place and moves around its horizontal or vertical axis.**

- **What are examples of non-locomotor skills?**

Non-locomotor skills include stretching, bending, pulling, pushing, swaying, twisting, log rolling and balancing.

- **When would I see children using these skills?**

Children use these skills to play by themselves and with others, inside and outside, in both unstructured and structured situations. Children also use these skills in daily activities such as picking up objects from the floor and hanging up clothing.

- **Are there milestones in the development of non-locomotor skills?**

Children develop individually and at different rates but there is a range of ages for the development of non-locomotor skills. Rather than using average age for the acquisition of a skill, it is more important to understand this development as a spectrum, whereby children will progress through different stages, no matter their age range. From 4 to 6 months babies are rolling, moving forward and pushing their legs, developing head control and learning to sit with support. From 8 to 12 months babies are rolling and crawling and climbing on furniture.

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The table below is a guide for non-locomotor skills:

	For each stability skill, children generally move through the following stages:			
Balancing	Can walk on tiptoes. Needs support for some balancing activities (holding an adult's hand when walking on different surfaces)	Can walk along wide balance beam without support.	Can walk a short distance along narrow balance beam without support	Can walk full length of narrow balance beam without support
Climbing	Can climb on stationary toys that have spring action and rock back and forth without assistance. Attempts to climb playground equipment.	Can climb some playground equipment	Begins to coordinate movements when climbing equipment	Climbs equipment with confidence and is becoming aware of ability
Swinging	Can sit on swing sit but needs assistance to initiate and maintain swing	Begins to use arms to initiate swinging	Can swing independently pumping arms for short periods	Can swing independently pumping arms

- **How can opportunities be created to develop non-locomotor skills?**

Space needs to be provided both inside and outside so that children can move safely and develop and refine their skills. Time needs to be scheduled for structured and unstructured play. Fundamental Movement Skills need to be demonstrated, practised and incorporated into everyday activities such as bending to pick up an object and balancing on toes to reach an object. There are many activities and games using non-locomotor skills such as moving to music, balancing alone or with a partner and stretching to "Simon Says."

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### Links to the National Quality Standard (NQS) and the Early Years Learning Framework (EYLF)

**NQS Quality Area 2:**  
Children's health and safety

**NQS Standard 2.2:**  
Healthy eating and physical activity are embedded in the program for children

**NQS Element 2.2.2:**  
Physical activity is promoted through planned and spontaneous experiences and is appropriate for each child

**EYLF Learning Outcome 3:**  
Children have a strong sense of wellbeing  
*Children take increasing responsibility for their own health and wellbeing*

### References:

Department of National Parks, Sport and Racing, Queensland Government (2012). Let's Get Moving. Retrieved from <http://www.nprsr.qld.gov.au/community-programs/school-community/childhood-programs/preschooler.html>

Australian Children's Education and Care Quality Authority (2013). *Guide to the National Quality Standard*. Retrieved from: <http://www.acecqa.gov.au/national-quality-framework/the-national-quality-standard>

Department of Education Employment and Workplace Relations (2009). *Belonging, Being and Becoming: The Early Years Learning Framework for Australia*. Retrieved from: <https://www.education.gov.au/early-years-learning-framework>