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learning eating active play sleep



Fundamental Movement Skills: Locomotor



Locomotor skills enable children to move through different environments, moving their body from one place to another.

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

Locomotor skills include crawling, walking, marching, jumping, climbing, running, galloping, sliding, leaping, hopping and skipping.

- **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 walking from one room to another and helping educators or parents with household tasks such as tidying up.

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

Children develop individually and at different rates but there is a range of ages for the development of 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. Generally children begin to learn to crawl between 5 and 10 months old. Some babies may stand with support at 8 months. Learning to walk usually follows a progression from standing with support, standing unsupported, walking with support and walking unsupported. The normal age range for learning to walk is 9 to 18 months.

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The table below is a guide for other locomotor skills:

	For each skill, children generally move through the following stages:			
Running	Runs with confidence	Runs around corners and obstacles	Runs with control on different surfaces	Can stop running quickly and with control. Can run backwards (ensure safety in environment and technique)
Jumping	Jumps on 2 feet	Can jump down on 2 feet from low height (i.e. a step). Can jump along a line on floor.	Can jump forward 60cm on 2 feet	Can jump forward 80cm on 2 feet
Hopping	Experimenting with hopping and walking along narrow beams (supported)	Can hop on preferred foot	Can do repeated hops (4 -6 reps) on preferred foot. Can do 1 repeated hop on non-preferred foot.	Can hop on either foot. Can hop for short distance along a line.

- **How can opportunities be created to develop 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 moving from one activity to another by skipping or marching. There are many activities and games which require locomotor skills such as moving around an area using different locomotor skills and freezing on command, moving like animals, relay games, moving to music and chasing games. Many games require no or little equipment (see the 'Ideas for practicing Locomotor Fundamental Movement Skills in small spaces' factsheet for suggestions). Outdoor playgrounds can be used by having children move between stations and climb on, over and through equipment.

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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>