

Skills for physical education (PE)

Movement is the basis for everything we do in our daily lives. We start to learn to control our movements in the womb and by seven years of age we have our primary gross movement repertoire in place. We can walk, run, hop, skip, jump and catch, which we then go onto refine and increase in complexity depending on what we choose and practice to do.

For basic movement competence we need to have in place:

- a good sense of where are body is, how it is moving and the ability to be able to respond to changes in our body position and movement
- movement planning (motor planning) which is the ability to select and preview movement strategies to meet a movement challenge
- co-ordinated action of muscles so we can smoothly organise and synchronise the actions of groups of muscles working together

PE at school

A large number of skills are needed to successfully engage in PE at school. As PE activities become harder the skills required will be involved in increasingly complex combinations. For example football at any one time could involve travelling at speed, anticipating the projected trajectory of the ball in time and through space, receiving and controlling the ball and kicking while also moving (complex balance activity) again a projected action based on the position of another (possibly moving) player.

It is not difficult to envisage that for a child with movement difficulties that sports whereby they are required to move themselves from one position to another – running, swimming, cycling could be easier to be successful in than one requiring the complexity of a fast moving team sport such as football. Often children with these difficulties lose confidence.

Young children need lots of early year opportunities to move they need to experience activities that involve:

Balancing	Hanging	Pulling	Swaying
Bouncing	Hopping	Punching	Stretching
Bending	Hitting	Running	Swinging
Crawling	Jumping	Rolling	Twisting
Climbing	Kicking	Sliding	Turning
Curling	Leaping	Shaking	Tumbling
Catching	Lifting	Skipping	Throwing
Galloping	Pushing	Stepping	Walking



(List from www.ehlt.flinders.edu.au)