

1.1 Introduction

Fundamental Movement (FM) refers to various kinds of basic movement of the body. These skills are very often applied or transferred to different physical activities. Apart from helping students to master various skills, students learn through FM activities to form positive and healthy ways of living to face different challenges and prepare well for future participation in physical activities. At the same time, students are guided to gain knowledge from such activities. They learn to express their feelings, develop creativity and imagination, and form positive values and attitudes. Activities and games also help students to communicate effectively with others. Therefore, apart from laying a good foundation for students to learn different skills in the future, FM activities act as the primer for students to engage continuously in physical activities and lead a healthy lifestyle.

1.2 Learning Objectives in the Six Strands

Motor and sports skills

Through FM activities or other modes of learning, students acquire individual movement skills such as running, jumping, throwing, bouncing, kicking, passing and catching, rolling, etc, and movement sequences created from these skills. These provide a sound base for the development of specific sports skills in the future.

Health and fitness

By participating in FM activities, students not only learn the benefits of exercising and the relationship between sports and health, but also maintain good health, develop a habit of exercising and reach an optimal level of physical fitness.

Sports-related values and attitudes

Through participating in activities or games, students learn how to communicate with others effectively and express their views and feelings in appropriate ways. They can better understand the significance of “not winning, but taking part”, and the importance of sportsmanship and team spirit, develop positive attitudes, and learn that they should try their best and support their team members. Participation in sports is more than a joyful activity; it prepares students to meet future challenges and help them adopt socially desirable behaviours such as conforming to rules of the game, giving support to team members, respecting and appreciating opponents and realising the joy of shared happiness.

Knowledge and practice of safety

Through different learning and teaching activities, students learn the safety rules for doing exercises. This enhances their awareness of the need to prevent accidents. For instance, they learn the proper way of carrying, setting up and using equipment, and develop the practice of wearing suitable clothing when engaging in physical activities and doing warm up and cool down exercises. They also learn to report cases of injury or sickness, avoid pushing and shoving, and react sensibly to or seek help in dangerous circumstances or emergencies.

Knowledge of movement

Through different learning and teaching activities, students develop creativity, imagination and an interest in physical activities. They also acquire related knowledge and vocabulary so that they can talk about different body parts and distinguish different relevant concepts such as body shape, pathway, direction, level, body part, space, force, relation, etc.

Aesthetic sensitivity

In various forms of practice, competition and related activities, students have the opportunity to observe other people's performance and learn to identify aesthetic elements, such as "skillfulness", "tidiness" and "cleanliness" through reflective thinking and sharing views.