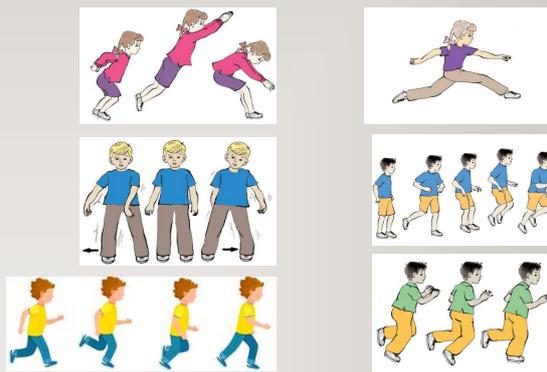


Introduction

Fundamental motor skills (FMS) are an integral part of the curriculum of physical and health education from the earliest age, given their role of initial patterns that represent links to other more complex and more specialized skills in sport and the physical activities. Modern physical and health education teacher should know the structure of FMS, possess knowledge that will serve in the successful assessment of skills and apply teaching methods through which will cause an increase in proficiency in these skills.

Methods

- 86 male pupils, age 8 ± 0.5 years
- Test of Gross Motor Development (TGMD)
- Locomotor skills: run, gallop, hop, leap, horizontal jump, slide
- KINOVEA motion analysis software
- Comparative analysis
- Average score (percentage)



Fundamental locomotor skills

Results

Low level of performance in fundamental locomotor skills (Figure 1).

Performance of Macedonian children are behind American and Czech children.

Horizontal jump – the most difficult skill

Run – the most easiest skill

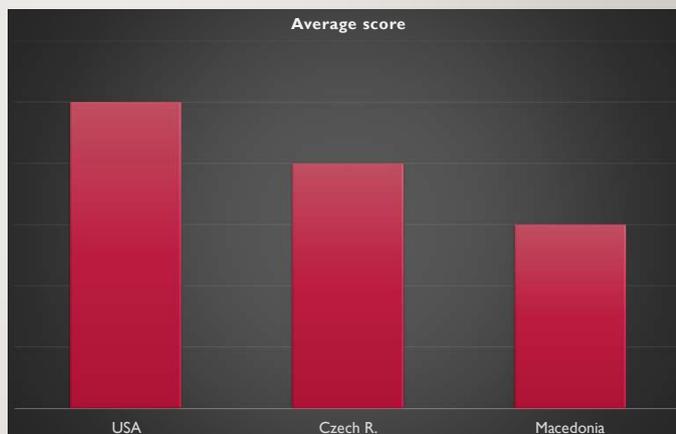


Figure 1. Difference in average score

Conclusion

The assessment of the FMV and their continuous monitoring is an inevitable part of the teaching methods in physical and health education for children in early ages. The results indicate the need for revision of the existing curricula in Macedonia and designing those that take into account the needs of students that are based on scientifically proven results.

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