Abstract

Characterization work: Fundamental locomotor skills are: walking, running, jumping, crawling and throwing. Their development is influenced primarily by games and movement activities. Control over those skills guarantees proper physical development of children and also make important prerequisites for an adoption of heavier and more complex skills. The levels of fundamental locomotor skills are evaluated by the diagnostic resources.

Goal and purpose: I created inspiromat of games and movement activities in my work. These games and movement activities develop and improve fundamental locomotor skills – walking, running, jumping, crawling and throwing. This work inspired me, and also is inspiration for teachers and coaches. There are activities in the inspiromat which develop and improve fundamental locomotor skills of preschoolers.

Problem solving: In the kindergarden Sluničko the authority played games and movement activities with a group of boys and girls in an age of 5-6 years. I suggested, these games and movement activities, I got out of literature, longstanding practice, my ideas and experiences. Based on the observations I made inspiromat in which I included games and physical activities that work with children proved to be most appropriate. Inspiromat is divided in to sections according to the fundamental locomotor skills – walking, running, jumping, crawling, throwing. There is also a section on the comprehensive utilization of those skills. Each section is divided in two groups - games and physical activities without the use of tools and equipment and games and physical activities using equipment and tools. Inspiromat is a stack of games and physical activities for pre-school children. Total includes 94 activities.

Keywords: game, physical activity, fundamental movement skills (walking, running, jumping, crawling, throwing), preschool age 5-6 years, diagnosis of fundamental locomotor skills.