

## **POSTER: Fundamental Movement Skills Proficiency of South African Grade One Children**

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**Objective:** This study investigated the FMS proficiency of Grade 1 children (N=178) from two schools in the Western Cape South Africa. **Method:** The fundamental movement skills proficiency of boys and girls were determined with the Test of Gross Motor Development-2 (TGMD-2). **Results:** The results indicated that 35% of the participants mastered all their FMS. Generally, children performed better in locomotor than object control skills, however, no statistically significant differences were found in locomotor skills between boys and girls. There was a statistically significant difference ( $p = 0.01$ ) in object control skills, where boys performed better than girls. The results indicated that run was the highest mastered skill and hop the most difficult to master. The greatest difference between boys and girls were in kick and roll, where boys performed better. **Implications:** Although the results look seemingly good in comparison to international studies, it is recommended that children should continue to practice their FMS, especially strike, hop, leap and gallop as they were the most difficult skills to master. These results highlight the importance of FMS proficiency and describes the proficiency of Grade 1 children in a selected area in the Western Cape.