

## **ORAL: THE COMBINATION OF THREE MOVEMENT BEHAVIOURS IS ASSOCIATED WITH OBJECT CONTROL SKILLS, BUT NOT WITH LOCOMOTOR SKILLS IN PRESCHOOLERS**

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**Objective:** This study analyzed the association between combined adherence to 24-hour movement behaviours and fundamental movement skills in preschoolers. **Methods:** A sample of 270 preschoolers (3.97 years-old; 132 boys) provided fundamental movement skills measures (TGMD-2) and objective physical activity (PA) data (Actigraph wGT3X). Sleep duration and screen time were parent-reported. Preschoolers were classified as compliant/non-compliant with the 24-hour movement guidelines. Relationships between compliance with movement behaviours guidelines and locomotor and object control skills were calculated using a structural equation model analysis (Mplus 8.0). **Results:** Positive and significant associations were seen between adherence to PA + screen time + sleep with object control skills ( $\beta = 0.28$ ;  $p = 0.014$ ), and between adherence to screen time + sleep with locomotion skills ( $\beta = 0.22$ ;  $p = 0.027$ ). Negative and significant associations were found between adherence to screen time + sleep and object control skills ( $\beta = -0.28$ ;  $p = 0.007$ ). The 24-hour movement behavior variables explained locomotion and object control skills variability in 5% and 7%, respectively. **Implications:** This study emphasizes the importance of complying with combined movement behaviors recommendations to adequately develop fundamental movement skills in preschoolers.