

Effect of fundamental motor skills on physical literacy of Sri Lankan grade 4-6 children (Special reference: physical literacy model)

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Present paper examines the Impact of Fundamental Motor Skills in Physical Literacy Level of Sri Lankan Children at school grades 4-6. Physical Literacy involves the fundamental motor skills as well as sports skills. Pre-test post-test experimental design was used as the research design. One hundred (n=100) subjects were taken from Karawita Central College, Rathnapura by using random sampling method. Data were gathered by cognitive, psychomotor, affective tests and by observation. FMS cycle was used to develop physical literacy level in students within a course of 08 weeks. Paired t-test was used to analyse the data by using MS Office and Minitab 17 software. In cognitive, psychomotor and affective test results, there were significant differences between pre-test and post-test ($p < 0.05$). Monitoring of these measures enhances our understanding of children's physical literacy and assists with the identification of areas where additional supports are required.

Keywords: physical literacy, fundamental motor skills, fundamental sport skills