

**Specialized Movement  
Skills (clarification)  
Chapter 16**

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**Specialized Movement**

- ▣ *Specialized Skills Defined:*
  - Proficient Fundamental Movement Skills that have been further refined & combined
- ▣ *Developmental Potential:*
  - Locomotor & Stability skills: Proficient stage potential by 6
  - Manipulative skills: Proficient stage potential by age 7 or 8

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**Specialized Movement**

- ▣ *Developmental Reality:* Oftentimes lag behind because of:
  - Insufficient opportunities for practice
  - Lack of encouragement and motivation to perform
  - Ineffective or absent appropriate instruction
  - Ecological context of the environment
- ▣ *The Proficiency Barrier:*
  - Inability to move from the Fundamental Movement Skill Phase to the Specialized Skill Phase due to lack of proficiency in locomotor, manipulative or stability skill(s)

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### Specialized Phase Stages

- ▣ *Transition Stage:* First attempts to refine & combine fundamental skills
  - Interest is high, ability is limited
  - Skill focus shifts from process to product
  - A “getting the idea” period
  - The timeline typically occurs during the upper elementary and middle school years (ages 8 to 12)

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### Specialized Phase Stages

- ▣ *Application Stage:* Regular attempts to refine & apply specialized skills
  - Emphasis is on improving proficiency
  - A “practice” period
  - More complex skills refined
  - Individuals who are in the middle school years and beyond.
- ▣ *Lifelong Utilization Stage:* Self-selection for participation in activities
  - Lifetime activity choices: Determined by interests, abilities, ambitions, availability, time
  - A “fine tuning” stage
  - Regular participation in daily living, recreational, or competitive settings

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