

## LaunchPad and Sporting Success



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Gymnastics Australia is pleased to have partnered with the Australian Institute of Sport, Victoria University and the Institute of Sport, Exercise and Active Living to conduct a vitally important research project, Sporting Success.

The Sporting Success project is jointly funded by the Australian Sports Commission, Gymnastics Australia and Victoria University and its broad aim is to understand, through a systematic 5-year program of research, the key predictors of long-term engagement in sport and physical activity and its association with academic achievement.

LaunchPad forms a critical part of stream three of the project, fundamental movement skills (FMS). Mastery of fundamental movement skills is widely accepted as essential for children to develop sport specific skills and participate successfully in all sports. Children who achieve mastery in FMS before they leave primary school have been found to have significantly higher levels of physical activity, cardiovascular fitness and health, as well as significantly higher academic achievements in adolescence. Stream three of the Sporting Success project will monitor the influence of FMS on children's academic achievements and sport participation.

Be sure to stay tuned for more information on the Sporting Success project.

Other Links

[Link to LaunchPad Website](#)