

Planning & Teaching FMS



Lesson Planning

Warm up

- Gets muscles and the brain ready for movement
- **Active movement songs** are great e.g. Hokey Pokey; Jack in the box; Head, shoulders, knees & toes

Teach skill

- **Role model** the skill
- Use child-friendly **teaching cues** e.g. 'Swing your arms forward and reach for the stars as you jump'
- Minimise wait time with **short explanations**

Explore

- Engage children in **1-2 fun games which practice the skill** e.g. What's the time Mr Wolf (running) or Leaping lily pads (leaping).
- **Plan** equipment and set up ahead to minimise wait times

Cool down

- Enables children to relax their muscles and settle down before transitioning to the next activity
- **Active movement songs** e.g. Follow the leader or Row row row your boat



Munch & Move resources such as **Franky & Friends** and **FMS in Action** contain great examples of **warm up** activities, **teaching cues**, **fun games** and **cool down** activities to match each FMS.

- Focus on **fun** and encouragement to build child **confidence** and participation.
- Minimise correcting technique. Children aren't expected to 'master' FMS until primary school.
- **Start** with easier stability and locomotor skills then progress to object control skills.
- Include FMS **practice daily** in line with Munch & Move recommendations.
- For object control activities, **ensure everyone has a piece of equipment** to practice with to avoid waiting (reduce group sizes if necessary).
- **Practice movements on both sides** of the body. Ask children if they can identify any differences between their left and right sides: 'Is one side easier?'

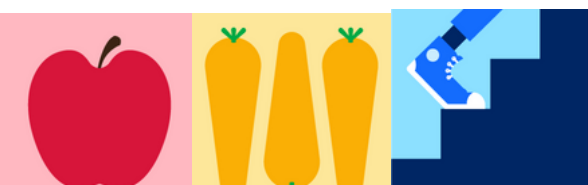
Teaching FMS doesn't require special equipment - look around to see what you already have!

Some ideas:

- Rolled up newspaper 'balls'
- Suspended balloons or balls in stockings for batting practice
- Soft toys for jumping over, catching, throwing or target practice
- Scarves for throwing and catching
- Cling wrap tubes or pool noodles to use as 'bats' or 'hobby horses' for galloping
- Hoops for jumping in/out or throwing targets
- Witches hats, cones or shoes for goal posts
- Cut a hole in a large cardboard to create a tunnel to crawl through



You don't have to be an FMS expert!
But you will become one as you join in and learn with the children - enjoy the fun.



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

