

# How to embed daily FMS into your service



## Environment set up

- Set up both your outdoor and indoor environments to encourage FMS practice e.g. draw chalk lines/ shapes on concrete, or place masking tape lines on the floor for spontaneous FMS games.

## Planning and role sharing

- Focus on one FMS skill per week and practice daily, so no matter which day children attend, they have opportunities to practice.
- Share responsibility for teaching FMS activities to build the confidence of ALL educators.



## Embedding FMS

- Incorporate FMS into transition and group time as well as music and movement time.
- Expand on children's interests e.g. underarm rolling for bowling down superhero toys
- Start with small changes to incorporate FMS into your service daily.

Even if you practice only two or three skills a month you will easily cover them all in a year!



**Quality standard 1.2.1:** Educators are deliberate, purposeful and thoughtful in their decisions and actions

**Quality standard 3.2.2:** Resources, materials, and equipment allow for multiple uses, are sufficient in number and enable every child to engage in play-based learning.



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

Good for kids  
Good for life

