# **FMS game template**

Plan a game that you could run at your service to intentionally teach fundamental movement skills. Include at least 2 fundamental movement skills in the game. The game should run for approx. 10 minutes and use equipment that is available within the service.

Fill in the template on page 2 to describe your game, including:

* FMS practiced in the game
* Game instructions
* Equipment required
* Modifications (how can the game be made easier or harder)
* Reflections (complete after you run the game at your service)
* Diagram (optional)



Refer to the following resources if you need some inspiration:

[Play With Me! Fun Moves for 0-3s](https://healthykids.nsw.gov.au/downloads/file/campaignsprograms/PlayWithMe-0-3yrs.pdf)

[FMS in Action: FMS for 3-5s](https://healthykids.nsw.gov.au/downloads/file/campaignsprograms/FMSinAction3-5yrolds.pdf)

[FMS with Franky & Friends](https://healthykids.nsw.gov.au/downloads/file/campaignsprograms/FrankyFriends.pdf)

If you would like to share your FMS game with other webinar participants, please save or scan your completed game plan and send it to HNELHD-GoodForKids@health.nsw.gov.au. We will then compile the game ideas and circulate them to all participants.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **FMS practiced** | **Game instructions** | **Equipment required** | **Modifications**(how can the game be made easier or harder) | **Reflections**(complete after you run the game at your service) |
| Locomotor FMS* Jump
* Leap
* Skip
* Hop
* Side slide
* Run
* Gallop

Manipulative FMS * Catch
* Underarm throw
* Overarm throw
* Kick
* Stationary dribble
* Striking a stationary ball
 |  |  |  |  |
| **Diagram** (optional) |