**Cool down**

**(5-10 mins)**

*Transition*

*Relaxation/meditation*

*Action song*

Move Session  
for 3 to 5’s

**Warm up**

**(3-5 mins)**

*Action Song/s*

*Stretches*

**Group games**

**(5-10 mins/game)  
(Target 1 or 2 FMS)**

**Practice FMS**

**(3-5 mins)**

**(Choose 1 or 2 FMS relevant for group games)**

*Stability –*

🞏 Stretch

🞏 Bend

🞏 Twist

🞏 Static balance

🞏 Dynamic balance

*Locomotor –*

🞏 *Run*

🞏 *Jump*

🞏 *Leap*

🞏 *Hop*

🞏 *Gallop*

🞏 *Side slide*

🞏 *Skip*

*Manipulative –*

🞏 *Catch*

🞏 *Underarm throw*

🞏 *Overarm throw*

🞏 *Kick*

🞏 Stationary dribble

🞏 *Striking a stationary ball*