

Fundamental Movement Skills

Preparing your children for an active and healthy lifestyle!

What is **Fundamental Movement Skills**?

Fundamental Movement Skills is a resource written primarily for teachers of children between 4 – 8 years of age. It consists of professional development and a supporting teacher package that comprises two books and a CD. It is designed to assist teachers to plan and deliver programs that support each child's development of proficient fundamental movement skills.

Benefits of Fundamental Movement Skills

The Fundamental Movement Skills professional development and resource assist teachers to:

- increase their knowledge of fundamental movement skills
- assess children's proficiency in a variety of fundamental movement skills
- choose appropriate FMS, monitoring and assessment strategies and learning experiences that will best cater for the needs of the children in their group, centre, class or school.
- assist children with movement difficulties
- plan and deliver relevant teaching and learning programmes.

Key Features of Fundamental Movement Skills Resource

- Descriptors of twenty-two Fundamental Movement Skills. These include:
 - in-depth background information about the skill
 - skill criteria and their importance
 - an Observation Record
 - some appropriate teaching strategies
- Additional assessment strategies for making comprehensive judgments about children's achievements.
- Further learning experiences to support students develop fundamental movement skills.
- Ideas for maximizing participation.
- Strategies for helping children with movement difficulties.
- A support CD showing children performing seven fundamental movement skills.

Professional Development

Teacher Course: Two days (12 hours) - A course designed to work directly with teachers with the goal of supporting them to make effective USE of the FMS resource. Each participant receives:

- A FMS Teacher Resource package (£49 including p&p)
- A certificate of participation in the Fundamental Movement Skills Teacher Professional Development
- Practical activities for classroom application



Fundamental Movement Skills Courses

The SELB is currently organising a number of 2-day FMS teacher training courses for P1/P2 teachers

COURSE 1 – 21st/22nd January 08
VENUE - St Patrick's PS, Dungannon

COURSE 2 – 28th/29th January 08
VENUE - King's Park PS, Lurgan

COURSE 3 – 5th/6th February 08
VENUE - Newry Teachers' Centre

Time: 9.15 am – 4.00 pm – ALL VENUES – Courses 1 - 6

FMS Teacher Resource Package (2 manuals and a CD)

TOTAL COST: £49.00 INCLUDING P&P (see reply slip for details)

MAXIMUM OF 24 PLACES ON EACH COURSE

Course Content

The *Fundamental Movement Skill Course* (FMS) professional development consists of six two-hour modules based upon the associated resource. These modules assist teachers to:

- Support the learning area (Physical Development and Movement at the Foundation Stage) – Northern Ireland Revised Curriculum;
- Increase their knowledge of Fundamental Movement Skills;
- Assess children's proficiency in a variety of Fundamental Movement Skills;
- Cater for children with movement difficulties;
- Plan and deliver relevant teaching and learning programmes that support each child's development of proficient Fundamental Movement Skills.

Each Participant will receive

- A certificate of participation in the Fundamental Movement Skills Teacher Professional Development
- A FMS Teacher Resource package (£49.00 incl. p&p)
- Practical activities for classroom application

Note: Attendance at a FMS Teacher course does not enable the teacher to conduct Fundamental Movement Skills training with other teachers. There will be NO substitute cover for this course.

REPLY SLIP

Registration Slip to be returned by **Friday 11th January 2008** to
Fiona Hegarty, Senior Executive Officer, Dungannon Teachers' Centre,
Thomas Street, Dungannon, Co. Tyrone. BT70 1HW.

Name of P1/P2 teacher: _____

School: _____

Address: _____

Contact Phone: _____ Email: _____

Principal's signature: _____

Please specify any special dietary requirements: _____

Choice of one 2 - day course. Teachers must attend consecutive days.

COURSE 1 - 21st/22nd January 2008, St Patrick's PS, Dungannon

COURSE 2 - 28th/29th January 2008, King's Park PS, Lurgan

COURSE 3 - 5th/6th February 2008, Newry Teachers' Centre

Please indicate your 1st and 2nd preference of dates to attend the 2-DAY FMS Course:

1st preference: _____

2nd preference: _____

Please indicate in box number of resource packs required

In order to reduce administration in recovering the charge of £49 it is proposed to deduct this amount from your LMS budget.

Please sign here your agreement to proceed with this method of payment for the FMS resources.

Principal's signature: _____

(Please return original reply slip)