

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 DVD**. 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.

**Please return reply slip by 15th January 2010 indicating the number of FMS resource packs you wish to purchase @£54.00 per pack.
(Note the original signature of Principal ONLY will be accepted by Purchasing)**

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 (£54.00 including p&p)
- A certificate of participation in the Fundamental Movement Skills Teacher Professional Development
- Practical activities for classroom application.

In order to facilitate this course it is essential that teachers EITHER bring with them, to the course, the two books and DVD or purchase the resource via completion of the reply slip.



Fundamental Movement Skills Course

The SELB is currently organising a 2-day FMS teacher training courses for P1 - P4 teachers.
This course has been organised for any Primary School teacher who up to now has not availed of FMS training.

The Armstrong PS, Armagh

1st - 2nd February, 2010

9.15 am - 4.00 pm

FMS Teacher Resource Package (2 manuals and a DVD)

TOTAL COST: £54.00 INCLUDING P&P (see reply slip for details)

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 (£54.00 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.**
- **All teachers must attend for the 2-day duration of the course**

Note: There will be NO substitute cover for this course.

REPLY SLIP

To be returned by **POST** by the latest **Friday 15th January 2010** to finalise the course register to:

Fiona Hegarty, Dungannon Teachers' Centre, Thomas St., Dungannon. BT70 1HW. Tel: 028 8772 4379

Name of teacher/s: _____

Name of teacher/s: _____

School: _____

Address: _____

Contact Phone: _____ Email: _____

Principal's signature: _____

In order to reduce administration in recovering the charge of £54 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 - *original signature* is required and indicate the number of resource packs required.

I request (number/s) of FMS Teacher Resource Packs

Principal's signature: _____
(return via post only)