

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 the last of
the 2-day FMS teacher training courses for P1 & P2 teachers***

**COURSE 1 – 16th/17th February 2009
VENUE - Seagoe Primary School, Portadown**

**COURSE 2 – 18th/19th February 2009
VENUE - Seagoe Primary School, Portadown**

**COURSE 3 – 24th/25th February 2009
VENUE - St. Patrick's Primary School, Dungannon**

**Time: 9.15 am – 4.00 pm – ALL VENUES – Courses 1 - 3
(due to the six modules having to be covered it is important to note
the starting and finishing times of both days)**

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.

For further information contact: Mrs Iris Scarlett, Dungannon Teachers' Centre, Thomas St. Dungannon.
Tel: 028 8772 4379

REPLY SLIP

Registration Slip to be returned by **POST** by **Friday 30th January 2009** to:

Mrs Fiona Hegarty, Dungannon Teachers' Centre, Thomas St., Dungannon. BT70 1HW

Name of P1 teacher/s: _____

Name of P2 teacher/s: _____

School: _____

Address: _____

Contact Phone: _____ Email: _____

Principal's signature: _____

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

COURSE 1 - 16th/17th February 2009, Seagoe PS, Portadown

COURSE 2 - 18th/19th February 2009, Seagoe PS, Portadown

COURSE 3 - 24th/25th February 2009, St. Patrick's PS, Dungannon

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

1st preference: _____

2nd preference: _____

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 - 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)