

# Fundamental Movement Skills

**Skill of the Week:**


**Look for DAILY opportunities for planned & spontaneous intentional teaching within routines:**

Transitions | Dramatic Play | Story Time | Group Time | Child-initiated play | Music & Movement

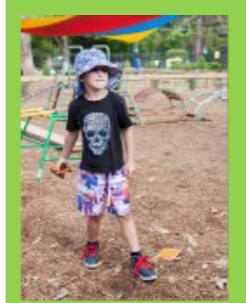
**Planned FMS Learning Experiences:**

**Observations:**

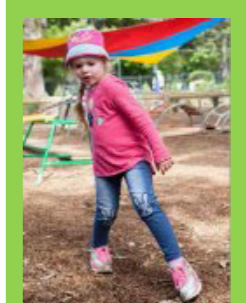
Mark checkbox when a skill is intentionally taught.  
Use to keep track of which FMS still need to be covered




catching



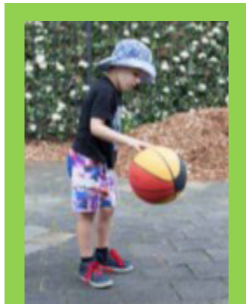
underarm throwing




overarm throwing



kicking



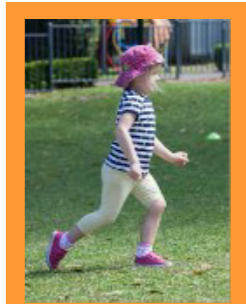
stationary dribbling



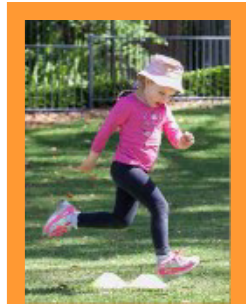
striking a stationary ball



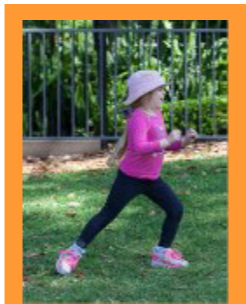
Use with the Munch & Move lanyard cards




skipping



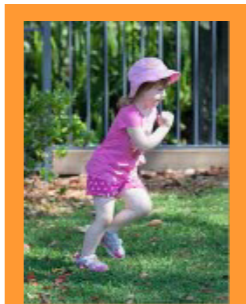
leaping



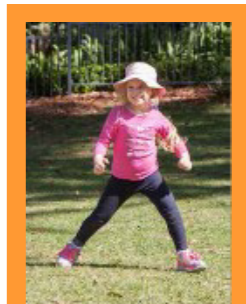
galloping



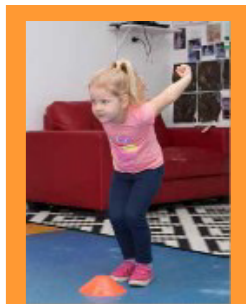
hopping



running



side sliding



jumping



**Links to National Quality Standards and Early Years Learning Framework:**

NQS 2.1 Each child's health and physical activity is supported and promoted  
 NQS 1.1 The educational program enhances each child's learning & development  
 NQS 1.2 Educators facilitate and extend each child's learning & development (1.2.1 Intentional Teaching)  
 EYLF Outcome 3 Children have a strong sense of wellbeing