Being proficient in fundamental movement skills enables children to participate confidently in play, dance, games, sport, outdoor education and recreational activities at home, at school and in the community.
Fundamental Movement Skills (FMS) are movement patterns that involve different body parts such as the legs, arms, trunk and head, and include such skills as running, hopping, catching, throwing, striking and balancing.

They are the foundation movements or precursor patterns to the more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation activities.
“Walking the Plank”
Demonstrating balance walking forwards

Good heel to toe on the high plank.
Skills we are working on

Term 1

Body management skills involve balancing the body in stillness and in motion. For example:

* Walking forwards and backwards along lines using heel to toe pattern
* Starting and stopping movement (such as in the Policeman game)
* Movement with objects such as noodles and bean bags
* Walking on elevated beams
Term 2 Skills

Body Management continuing plus

Locomotor skills involve transporting the body in any direction from one point to another. For example games involving

* Running, hopping, leaping, jumping, galloping, skipping, rolling and dodging

AND

Object control skills requiring controlling balls, small bats and scoops to

* Throw and catch using a variety of balls and bats
Useful Websites for Interested Parents and Carers


## Timetable

Each class has half of each lesson as Music then the remaining half Fundamental Movement.

We usually start with music but vary according to class needs and weather.

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.55-9.55</td>
<td>KINDY 2A</td>
<td>KINDY 2B</td>
</tr>
<tr>
<td>9.55-10.55</td>
<td>KINDY 1A</td>
<td>KINDY 1B</td>
</tr>
<tr>
<td>11.15-12.15</td>
<td>KINDY 3A</td>
<td>KINDY 3B</td>
</tr>
<tr>
<td>12.50-1.50</td>
<td>KINDY 4A</td>
<td>KINDY 4B</td>
</tr>
</tbody>
</table>
| 1.50-2.50 | KINDY 5A  | Available for parent contact  
Wendy.Horne@education.wa.edu.au |