



Promoting Fundamental Movement Skills in All Children
LTT Lisbon September 2022
DCU

Share Learning Outcomes

LO1 engage critically and analytically, and develop a personal understanding of teaching physical education with reference to key considerations such as child development, skill acquisition, safety, teacher competence and pedagogy

LO2 use a range of strategies to support, monitor and assess children's fundamental movement skills

LO3 begin to use some digital tools (e.g. iPads) to enhance teaching of fundamental movement skills (FMS) in physical education.

LO4 develop assessment strategies to support and apply knowledge of children's learning to plan and teach activities that allow children to explore, develop and master fundamental movement skills? with a focus on running, jumping and throwing

LO5 apply knowledge of children's learning to plan and teach activities to explore, that promote exploration, development and mastery of fundamental movement skills with a focus on adapting skills of athletics and gymnastics

LO6 report movement competency through feedback to children, parents and other teachers

Task using Notelets in Group followed by Open Discussion

What are your experiences in University Modules:

- Fundamental Movement Skills
- Assessment of children movement skills
- Assessment of your skill levels and performances
- Digital analysis of Movement

Ethics and protocols to follow using Digital Technology and your personal mobile devices

Practical Activity

Assessing one FMS (one performs and the other records)

- Video Time in 2's using film
- Repeat using a checklist
- Now repeat with another skill and change roles

Assessment

- General observations
- View MWMO Videos <https://www.scoilnet.ie/pdst/physlit/videos/>
- Observation of stage of skill (Exporation, Developing and Mastering)
- Critique what you have noticed using real time and video time methods

- Advantages and Disadvantages of real time and video time assessments and checklists

Teaching

Teaching Points/Skill Components

<https://www.scoilnet.ie/uploads/resources/21887/21610.pdf>

Teacher knowledge of the components

Children's cognitive knowledge as well as physical performance of components leading to

Affective learning

Application of Universal Design for Learning Multiple Means of Representation Videos,

Images, Verbal cues,

Assessment

Practical Activities

Equipment

iPads one per two

Bibs x number of students attending

Hula hoop x 1

Pack of playing cards

Matching pairs set of cards

Wifi for music for Jumping spots

Spot mats (one per student)

Skipping ropes (one per two)

Gymnastics mats

Beanbags to measure jumps

Measuring tape

Tennis Balls

Indoor javelins (one per two)

NOTE: All the activities below include the online free open access to resources

FMS Running Activities To be Prepared and taught by Student Teachers

[LIFESAVER TAG p.29 Book 1](#)

[TAILS Tag p.30 Book 2](#)

[SUIT SHUFFLE p.17 Book 3](#)

Athletics: Matching pairs (running for distance) taught by Susan

Gymnastics: running in gymnastics

FMS Jumping for Height and Jumping for Distance To be Prepared and taught by Student Teachers

[Jumping Spots p.74 Book 1](#)

[SKIPPING ROPE CHALLENGE p.73 Book 2](#)

[MEMORY JUMPING p.63 Book 3](#)

Developing and Mastering FMS and the Application of FMS to Running and Jumping in Athletics: Standing Long Jump with measurement using gymnastics mats: [PSSI 3rd and 4th class \(age 8-9 year-olds\) Athletics/Lesson4/ page 3 Jumping](#)

Developing and Mastering and the Application of FMS to Running and Jumping in Gymnastics: Simple Sequence with stepping, running, jumping for very young children (offer a bench to jump from) [PSSI 1st and 2nd Class \(aged 6=7 year-olds\) Gymnastics/ Lesson 3/Page 2- 3.](#)

FMS Throwing (overarm)

[HOW FAR CAN YOU THROW? P.160 Book 1](#)

Developing and Mastering FMS and the Application of FMS to Throwing in Athletics: [Javelin PSSI Athletics 1st and 2nd \(aged 6-7 year olds\) Lesson 4/page 2 and page 4](#)

Reporting and Advocacy

Report movement competency to

- children,
- parents
- other teachers

using information gathered from observation assisted by use of digital technology and checklists

Homework?

Selection of activities with a focus on fundamental skill development appropriate for practice at home by children