

# Fundamental Movement Skills

Many children arrive in school without a wide and varied movement vocabulary, unable to perform basic fundamental movement skills (FMS). Changes in childcare practices and technological developments mean it is less likely that children have been allowed to play out, jump in puddles, climb trees and take part in rough and tumble play. Many children spend increasing amounts of time sitting, watching educational videos, playing with smart toys and in general being much more sedentary than in the past.

This course will provide a range of activities suitable for Early Years upwards, giving children the firm foundations they need, to develop fundamental skills of Stability, Object Control and Locomotion, enabling them to better access Physical Education and Sport.

## The course will focus on:

- The importance of strength in FMS.
- Developing Fundamental Movement Skills in a developmentally appropriate way
- Creating an environment for children to explore and consolidate movement skills
- Using movement concepts to develop FMS
- How to show progression in FMS
- Analysing the FMS demands of basic activities and games to ensure children have the required skills to achieve success

## Target audience:

Teachers and TAs in primary schools and Early Years settings.

## Session Details & Booking

Course Provider: **Lesley Minervini**

Duration: **1.00pm – 4.00pm**

Cost: **£50.00**

**Friday 23**

**May 2025**

**Thursby Parish**

**Hall, Thursby,**

**CA5 6PQ**



**Follow the QR code and book now!**

If you are unable to book through Event Brite, please contact

**kirsty.williamson@cumberland.gov.uk**

