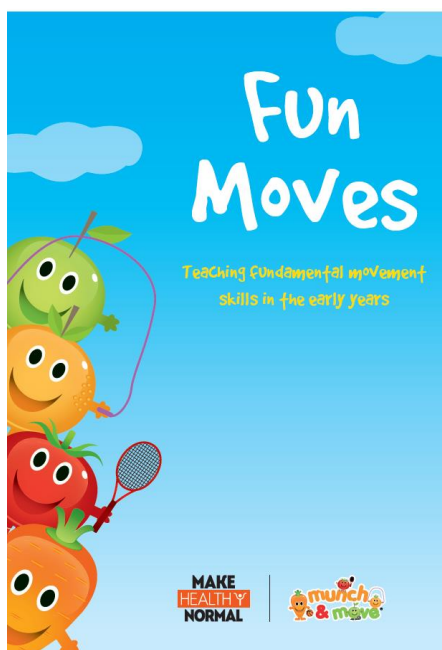


Good for kids

good for life



PHYSICAL ACTIVITY AND FUNDAMENTAL MOVEMENT SKILLS



Health
Hunter New England
Local Health District



Worimi Artist Lara Went – ‘The heart of a child’

Physical activity guidelines

Physical activity is vital for a child's development and lays the foundation for a healthy and active life. Physical activity refers to any body movement, either small or large, which results in energy being used. Children should be given lots of opportunities to be physically active throughout the day.

The National Physical Activity Recommendations for Children 0-5 years of age recommend:

- Infants (birth to 1 year) – physical activity particularly through supervised interactive floor-based play in safe environments should be encouraged from birth. For those not yet mobile, 30 minutes of tummy time including reaching and grasping, pushing and pulling, and crawling spread throughout the day during awake periods is encouraged.
- Toddlers (1-2 years) should spend at least 180 minutes a day doing a variety of physical activities including energetic play such as running, jumping and twirling spread throughout the day - noting more is better.
- Pre-schoolers (3-5 years) should spend at least 180 minutes a day in a variety of physical activities, of which 60 minutes is energetic play such as running, jumping and kicking and throwing, spread throughout the day - noting more is better.

There are many ways that children can be physically active. Opportunities to incorporate physical activity throughout the day include:

- Indoor/outdoor activities
- Planned and spontaneous experiences
- Transition times
- Relaxation
- Music and movement

As educators, it is important to support children to be active at the service. This can be done by setting up environments to encourage active play (e.g. making equipment available), being a role model by demonstrating skills, and joining in with the children and having fun! Remember to have activities planned for occasions such as wet weather.

Physical activity and the National Quality Framework

Physical activity has many links to the NQS and EYLF, particularly:

- **NQS Quality Area 2:** Children's health and safety
Standard 2.2 – Each child's health and physical activity is supported and promoted
Element 2.1.3 - Healthy eating and physical activity are promoted and appropriate for each child
- **EYLF Outcome 3:** Children have a strong sense of wellbeing
Children take increasing responsibility for their own health and physical wellbeing

Fundamental Movement Skills (FMS)

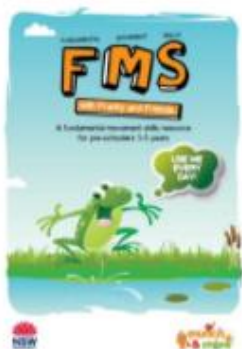
Fundamental Movement Skills (FMS) are a specific set of gross motor movements that are the building blocks for more complex skills that children need in order to participate in games and sports throughout their lives. FMS are broken down into 3 categories:

Skill category	Description	Examples of skills
Stability skills	Movement where the body remains in place but moves around its horizontal or vertical axis.	Static balance, Dynamic balance, Stretch, Twist, Bend

Locomotor skills	Moving the body from one location to another	Run, Jump, Leap, Hop, Gallop, Side slide, Skip
Manipulative skills	Giving or receiving force to or from an object	Catch, Underarm throw, Overarm throw, Kick, Stationary dribble, Striking a stationary ball

Children must be guided and provided with regular practice in order to develop their FMS. Children are not expected to master the more complex FMS until their late primary school years.

Your service will have a copy of Munch & Move resources that provide more information and direction on the Fundamental Movements Skills, including the Munch & Move Resource Manual, Fundamental Movement Skills lanyard cards and Fun Moves DVD. These resources are also available on the Healthy Kids website (www.healthykids.nsw.gov.au) and in Appendix 2: Resources.



Physical activity session

The activities in this webinar are planned to align with the 'Move session for 3-5s' template (see Appendix 4) – that is, following the format of Warm-up, Practice FMS, Group game, Cool down.

Instructions for the activities done during the webinar can be found in these handouts and other Munch & Move resources. Lots of other activities can be found in the Munch & Move manual and other Munch & Move resources (see the Healthy Kids website (www.healthykids.nsw.gov.au) and Appendix 2: Resources).

Warm up

Warm-ups help get children's muscles and brains ready to start moving and playing, and reduce the risk of muscle injury. A warm-up should take approximately 3 to 5 minutes. An ideal structure to follow is to use an action song before doing some gentle stretches.

An example of activities for a warm-up session:

1. Action song – Munch & Move CD. Track 3 – Warm up song
2. Stretches
 - Good Morning Stretch: ask the children to lie on their back and pretend they are still in bed and just waking up. Ask them to slowly stretch as wide as possible (like sunshine), then ask them to stretch as long as possible (like a tall tree).
 - Windmills: stretch your arms out to the sides, and gently circle your arms forwards and backwards in small circles like a windmill. Repeat the windmill action but this time use big circles.

More warm up ideas: see Munch & Move Resource Manual page 120-122

Fundamental movement skills

Practice FMS - stability skills

Cosmic Kids Yoga

Yoga can be used to practice various movements and poses, including stability. Cosmic Kids Yoga videos are available at www.cosmickids.com & www.youtube.com/user/CosmicKidsYoga

Cosmic Kids - Magic Carpet Ride: www.youtube.com/watch?v=yRGJEygi55o

Make it easier or harder: select simpler or more difficult movements based on children's abilities.

More stability skills ideas: see Munch & Move Resource Manual page 120-125

Practice FMS - locomotor and manipulative skills

Practice the fundamental movement skills after watching the Fun Moves videos (www.healthykids.nsw.gov.au/munch-move-resources/fun-moves-videos). Note the components that make up each skill, the helpful verbal cues for teaching FMS, and some of the common errors in performing FMS – these will be helpful as you teach the skills to children at your service.

There several videos of games that use each FMS with the Fun Moves videos (www.healthykids.nsw.gov.au/munch-move-resources/fun-moves-videos). You might like to play these games with children at your service to help them practice their FMS. These games include:

Run:	Rabbit Tag
Jump:	Lily Pad Jumping
Gallop:	Riders and Horses
Slide:	Crab Relay
Leap:	Hurdles
Hop:	Animal Hop
Skip:	Red Light, Green Light

More locomotor skills game ideas: see Munch & Move Resource Manual page 126 - 135

Catch:	Catchy Rounders
Underarm throw:	Target Throwing
Overarm throw:	Bombardment
Kick:	Soccer Skittles
Stationary dribble:	Basketball
Strike a stationary ball:	Stocking Strike

More manipulative skills ideas: see Munch & Move Resource Manual page 136 – 151

Group games

Create a FMS game

Create a FMS game to intentionally teach FMS using the template (see Appendix 5). The game should run for approx. 10 minutes.

- Pick two FMS
- Create a game incorporating both FMS and using the equipment available at your service
- Note the instructions for the game
- Ensure the game has one modification to make it harder and one modification to make it easier

More games ideas: see Munch & Move Resource Manual page 120 - 156

Cool down

The cool down helps children to relax their muscles after playing and reduces the risk of muscle injury. This will also give time to settle and relax before moving on to other activities. The cool down should be approximately 3 to 5 minutes long.

An example of activities for a cool down session:

1. Action song – Munch & Move CD. Track 9 – Twist, balance, shake and run
2. Relaxation
 - Cat curl and cow call: ask the children to kneel on all fours. As they inhale (breathe in) they curl their back up like a cat. When they exhale (breath out) they relax their back and say 'moo' like a cow.
3. Transition
 - Move like a...: Print pictures of animals such as horses, cats, fish or kangaroos. Place the pictures in a bowl and allow each child to pick an animal, one at a time. Allow the children to interpret the movements of the different animals. Make sure you give names to the movements as the children pick them out. For example, "Lauren picked a horse! Let's all gallop like a horse!"

More cool down ideas: see Munch & Move Resource Manual page 154-156

Appendix 1: Activities for physical activity and FMS

Activities from the Munch & Move manual:

See Munch & Move Resource Manual page 120 - 156

Fundamental Movement Skills (FMS)

See Munch & Move Resource Manual page 88 – 94, and other resources in Appendix 2.

Appendix 2: Resources

Resource list

- [Munch & Move website](#)
- [Good For Kids website](#)
- [Munch & Move manual](#) (log in required)
- [Munch & Move music playlist](#)
- [Play With Me! Fun Moves for 0-3s](#)
- [FMS in Action: FMS for 3-5s](#)
- [FMS with Franky & Friends](#)
- [Educator Guide to Fundamental Movement Skills](#)
- [Fun Moves - teaching fundamental movement skills in the early years](#)
- [Yulunga Traditional Indigenous Games](#)
- [Munch & Move practice checklist](#)
- [Policy kit](#)
- [Physical activity policy template](#)
- [Policy checklist](#)

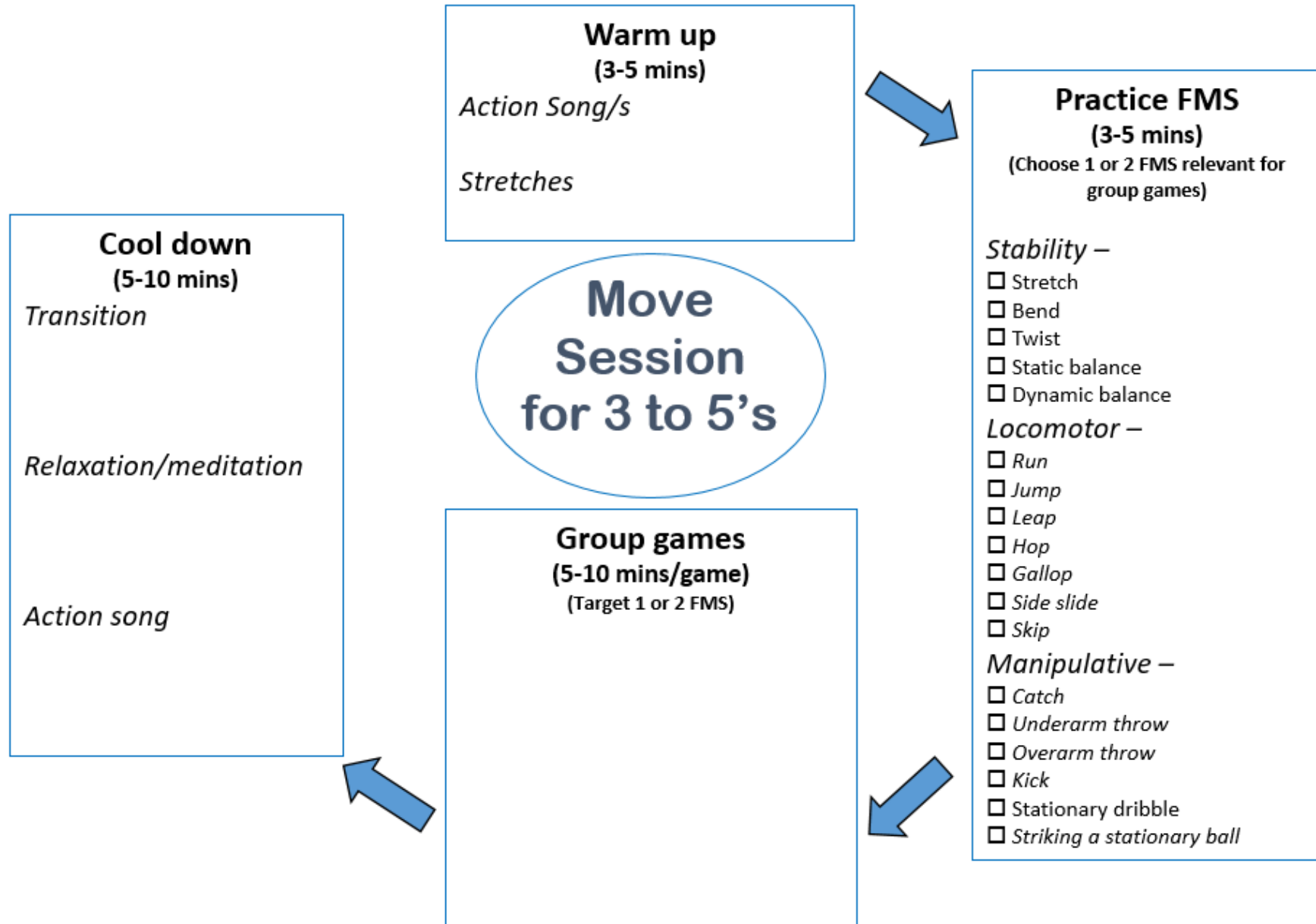
Other links:

- [Australian 24-Hour Movement Guidelines for the Early Years \(Birth to 5 years\)](#)
- [Developmental milestones and the Early Years Learning Framework and the National Quality Standards](#)

Appendix 3: References

1. Munch and Move Resource Manual Birth to 5 years. NSW Health, Sydney.
2. Australian 24-Hour Movement Guidelines for the Early Years (birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Department of Health, Canberra.

Appendix 4: Move session for 3-5s



Appendix 5: FMS game template

FMS game template

Plan a game that you could run at your service to intentionally teach fundamental movement skills. Include at least 2 fundamental movement skills in the game. The game should run for approx. 10 minutes and use equipment that is available within the service.

Fill in the template on page 2 to describe your game, including:

- FMS practiced in the game
- Game instructions
- Equipment required
- Modifications (how can the game be made easier or harder)
- Reflections (complete after you run the game at your service)
- Diagram (optional)

Refer to the following resources if you need some inspiration:

[Play With Me! Fun Moves for 0-3s](#)

[FMS in Action: FMS for 3-5s](#)

[FMS with Franky & Friends](#)



If you would like to share your FMS game with other webinar participants, please save or scan your completed game plan and send it to HNELHD-GoodForKids@health.nsw.gov.au. We will then compile the game ideas and circulate them to all participants.

FMS practiced	Game instructions	Equipment required	Modifications (how can the game be made easier or harder)	Reflections (complete after you run the game at your service)
<u>Locomotor FMS</u> <ul style="list-style-type: none"> <input type="checkbox"/> Jump <input type="checkbox"/> Leap <input type="checkbox"/> Skip <input type="checkbox"/> Hop <input type="checkbox"/> Side slide <input type="checkbox"/> Run <input type="checkbox"/> Gallop <u>Manipulative FMS</u> <ul style="list-style-type: none"> <input type="checkbox"/> Catch <input type="checkbox"/> Underarm throw <input type="checkbox"/> Overarm throw <input type="checkbox"/> Kick <input type="checkbox"/> Stationary dribble <input type="checkbox"/> Striking a stationary ball 				
Diagram (optional)				