

## Fundamental Movement Skills Activity Schedule Planner

These templates have been designed to help you plan to implement structured fundamental movement skill (FMS) activities throughout the year. Programming intentional FMS experiences each day will help all children at your service to practise these skills on a regular basis. Having specific opportunities to practise the skills and receive positive feedback and encouragement is important. It will support their development of the skills.

Many services report that they teach FMS opportunistically and on an ad hoc basis. Often there is no system in place to ensure all skills are covered throughout the year. This simple template creates the opportunity for your team to know which skill to focus on from week to week.

The following templates have been designed based on a 10-week rotation and are suitable for both preschools and long day care services. As there are 13 fundamental movement skills, 2 cycles of the template are necessary to ensure children are exposed to each skill at least twice per semester.

There are two template options;

- 1) Pre filled planner identifying which skill is covered each week. Initially, to ensure children spend time learning each skill individually, only one skill is scheduled each week. The second time around two skills are scheduled each week. This template is designed to be used over Term 1 & 2 and then repeated in Terms 3 & 4.
- 2) Blank planner to enable your team to select which skill they want to cover during each week over 10-week blocks.

Remember this schedule is to help you plan to explicitly teach each skill throughout the year, intentionally and not by chance. Other skills can be demonstrated or used opportunistically during play on a daily basis. The planner just ensures a systematic approach and makes sure none are overlooked.



# Fundamental Movement Skills Activity Planner

Term: 1 \ 3

FMS skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date										
Jumping										
Running										
Galloping										
Hopping										
Leaping										
Side Sliding										
Skipping										
Kicking										
Overarm throwing										
Catching										
Underarm rolling										
Stationary dribble										
Striking a stationary ball										



# Fundamental Movement Skills Activity Planner

Term: 2 \ 4

FMS skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date										
Jumping										
Running										
Galloping										
Hopping										
Leaping										
Side Sliding										
Skiping										
Kicking										
Overarm throwing										
Catching										
Underarm rolling										
Stationary dribble										
Striking a stationary ball										



# Fundamental Movement Skills Activity Planner

Term: 1 \ 3

FMS skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date										
Jumping										
Running										
Galloping										
Hopping										
Leaping										
Side Sliding										
Skiping										
Kicking										
Overarm throwing										
Catching										
Underarm rolling										
Stationary dribble										
Striking a stationary ball										



# Fundamental Movement Skills Activity Planner

Term: 2 \ 4

FMS skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Date										
Jumping										
Running										
Galloping										
Hopping										
Leaping										
Side Sliding										
Skipping										
Kicking										
Overarm throwing										
Catching										
Underarm rolling										
Stationary dribble										
Striking a stationary ball										

