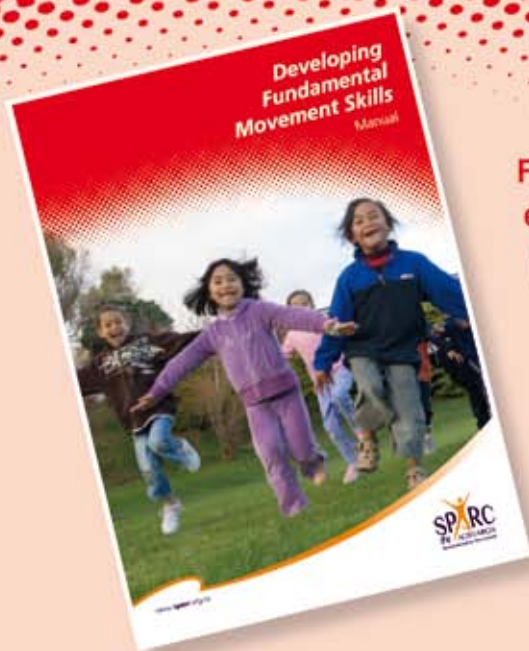


# DEVELOPING FUNDAMENTAL MOVEMENT SKILLS **manual**



*Developing Fundamental Movement Skills* provides information on the progressive development of fundamental movement skills, and uses simple activities to help kids get involved in games and develop skills at their own rate.

Go to [www.sparc.org.nz](http://www.sparc.org.nz) to download the manual for free, or to purchase a hard copy for \$22.50 (plus postage) from SPARC's online store.

Fundamental movement skills are essential to help children enjoy and participate in sport and recreation activities throughout their lives.

The *Developing Fundamental Movement Skills* manual is an easy to use resource for teachers, coaches and parents. It will help you teach fundamental movement skills to 5-12 year olds in a fun and effective way.

## EXAMPLE ACTIVITY

### Unders

#### Movement skills/concepts

Underram throw for accuracy.

#### Set-up

Small balls, bucket/box/box, targets on wall, ground targets like hoops, rope circles, bases, discs, markers or feet.

#### Activity 1: Frogs

Each group of two-three, with one ball, is spaced around a bucket.

Players take turns throwing the ball into the bucket. How many times can you throw the balls into the bucket?



Physical Education New Zealand is running nationwide professional development workshops for teachers, coaches and parents who want to learn about supporting the development of fundamental movement skills in children aged 5-12 years. For more information go to [www.penz.org.nz](http://www.penz.org.nz).

Hard copies of the *Developing Fundamental Movement Skills* manual will be available to purchase at the workshops for \$15.

[New Zealand Government](http://www.govt.nz)

[www.sparc.org.nz](http://www.sparc.org.nz)

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