

DEVELOPING FUNDAMENTAL MOVEMENT SKILLS **manual**



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.

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 to download the manual for free, or to purchase a hard copy for \$22.50 (plus postage) from SPARC's online store.

EXAMPLE ACTIVITY

Unders

Movement skills/concepts

Underarm throw for accuracy.

Set-up

Small balls, bucket/bin/box, targets on wall, ground targets like hoops, rope circles, bases, discs, markers as lines.

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?

