

FMS Planner



JANUARY

JUMPING

Video | Activities

FEBRUARY

LEAPING

Video | Activities

MARCH

GALLOPING

Video | Activities

APRIL

STRIKING

Video | Activities

MAY

**UNDERARM
THROWING**
Video | Activities

JUNE

RUNNING
Video | Activities

JULY

SKIPPING & HOPPING
Videos: Skipping | Hopping
Activities

AUGUST

KICKING
Video | Activities

SEPTEMBER

CATCHING
Video | Activities

OCTOBER

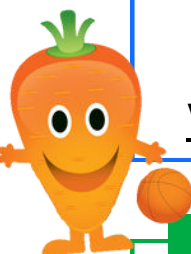
**STATIONARY
DRIBBLE**
Video | Activities

NOVEMBER

**OVERARM
THROW**
Video | Activities

DECEMBER

**SIDE
SLIDING**
Video | Activities



Illawarra Shoalhaven Local Health District, 2024



Munch & Move



FMS Planner Template



JANUARY

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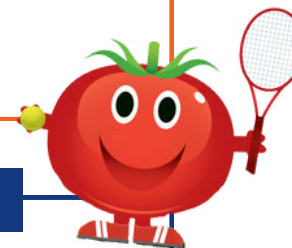
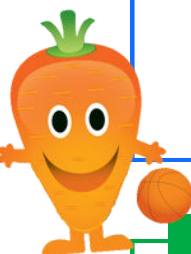
AUGUST

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Illawarra Shoalhaven Local Health District, 2024



Munch & Move





Jumping



Jumping

Disco time

To practice jumping motion, ask the children to bend their knees and touch the ground as they dance.



Jump rope with hula hoop

Lay hoop on ground and get children to practice jumping in and out. Then get children to stand with hoop in front of them using monkey grip, step through hoop, bring it over the head and jump through, repeat. Once mastered and found easier, gradually progress to skipping ropes.

Hula hoop car trip

Each child stands inside the hoop holding it up with their hands, this is their car. Children use the hoop to travel around and follow educators commands.

E.g. Bumpy road = jump, windy road = side slide, flat tyre = hop.



Jump race

Mark out a start line with two cones. Get children stand between the cones with educator 20m in front. Educator says '2 jumps', children take 2 jumps towards educator. Educator varies number of steps and jumps & type of locomotion. When you say 'back', the children have to run back to the start line.





Leaping



Leaping

Lily pad leaping

Draw lily pads on the ground with chalk. Get children to leap from lily pad to lily pad.



Leaping Jack

Draw a candle stick on the ground. When you sing the nursery rhyme 'Jack be nimble, Jack be quick, Jack LEAP over the candle stick' the children leap over the candle stick.

Obstacle course

Design obstacle courses with obstacles that children have to leap over or between.



Follow the leader

The children follow you around the yard. Tell them you are leaping over sleeping lions and you don't want to wake the lions.

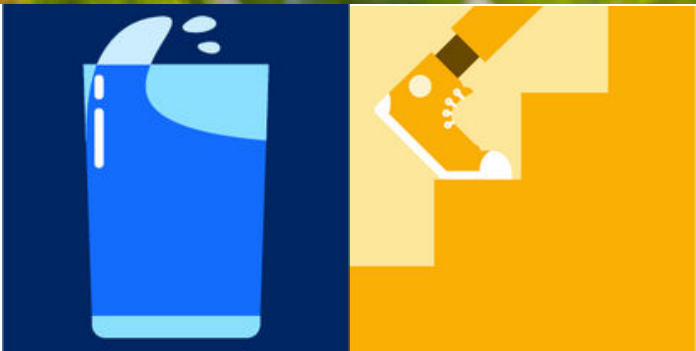
Crocodile pond

Draw a pond on the ground. The children leap from one side to the other without falling in the pond.





Galloping



Galloping

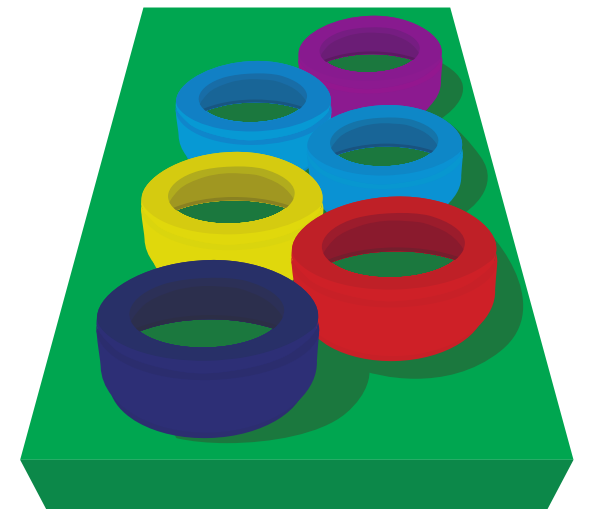
Donkey, donkey, horse

Just like the game duck, duck, goose. Instead of running, the children gallop like a horse.



Pony riders

Set up a track and have the children gallop along the track like a horse.



Galloping numbers/colours

The children gallop to the numbers/colours you call out. Use rolled-up newspaper or small brooms so children can gallop on their horses.

Horse go round

The children gallop their horse around the yard. Use rolled-up newspaper or small brooms as horses.





Striking

a stationary ball



Striking

Balloon aim

Use a balloon or large ball. Get children to strike the balloon across the ground with a rolled up newspaper or half a pool noodle.



Striking

Place a cone on top of a box or table and put a ball or balloon in the cone. Show children how to strike and get them to have a go.



Stocking strike

Place a ball inside an old stocking and tie it to something such as a tree or clothes line. Using their hand, ask children to see how many times they can strike the ball before missing.

Sweep the leaves

Ask the children to sweep the floor with a small broom or pretend brooms. Encourage them to rotate their body as they sweep





Underarm

throw



Underarm throw

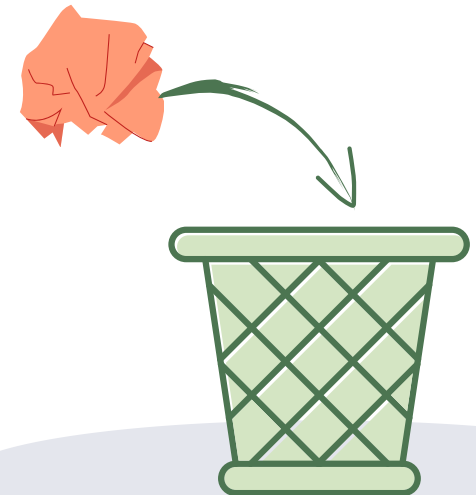
Ball rolling

Get children to stand (or stand) in a circle and roll a ball to each other using an underarm throwing motion.



Milk bottles

Using old milk bottles, get children to underarm throw beans bags and try to knock them over.



Paper ball toss

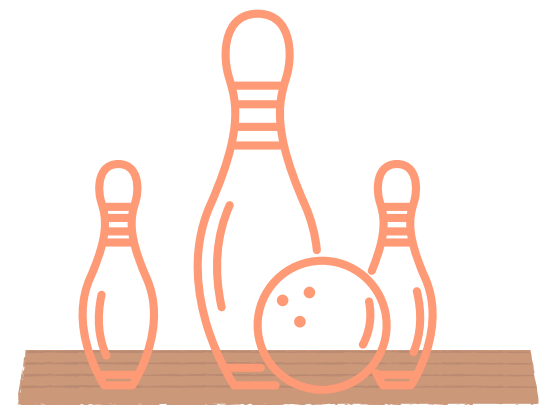
Make balls out of paper and tape. Ask the children to attempt to throw the balls into a bucket or box.

Fruit & veg splat

Stick pictures of fruits & vegetables on a wall. Ask the children to underarm throw balls or bean bags at the targets. Talk to the children about the fruits & vegies that they hit.

Bowling

Set up some goals. Ask children one at a time to roll a ball through the goals using an underarm throwing motion.





Running



Running

What's the time Mr Wolf?

You don't have to be Mr Fox. You could be Sleepy Bear, Grouchy Grandma, Big Baby or any character that children like. You can also get creative with the movements e.g. 'it's time to walk with one finger on your nose and one finger on your belly button'.



Rabbit tag

Get children to tuck scarves or braids into their waistbands. Children run around an area and try to steal the scarves off the other players. If they steal a scarf, they need to place it in the bag. If their scarf is stolen, they can get another scarf from the bag.



High-five relay

Separate children into teams. Mark out a running track. Children will be running a relay. The first child runs up and back and has to high-five the next child in line. They then do the same until the whole team has finished.

Fruit salad

This game is similar to Bull Rush. Mark out or designate a playing area and place children in 'fruit' teams with an educator and one child 'in'. Call out fruit, letting children run from one side to the other. If tagged, they become part of the fruit salad until everyone is in.





Skipping &

hopping



Skipping & hopping

Hopscotch

Draw out a hopscotch with chalk or masking tape. Get children to jump and hop through the squares.

Hopping relay

Split children into teams. Place four hoops or discs one after the other, close enough together for the children to hop through. The first child has to hop through the hoops and hop back to tag the next child in line. Continue until the whole team has finished.

Ship to shore

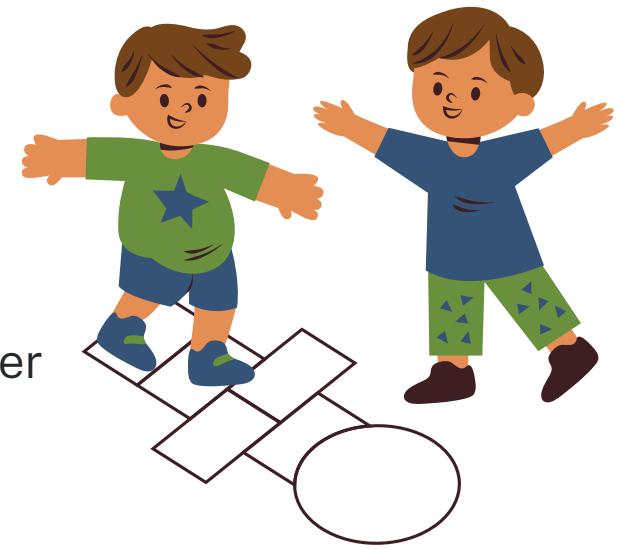
In a designated area, lay out sheets of newspaper which represent islands. Children need to move around the area hopping only on the islands, trying to avoid falling in the ocean. You can vary the skill being used such as jumping or leaping instead.

Simon says

Simon Says - Simon says, skip, hop, jump etc.

Skipping songs

We are going on a bear hunt - incorporate FMS such as hopping, skipping and jumping into these classics.



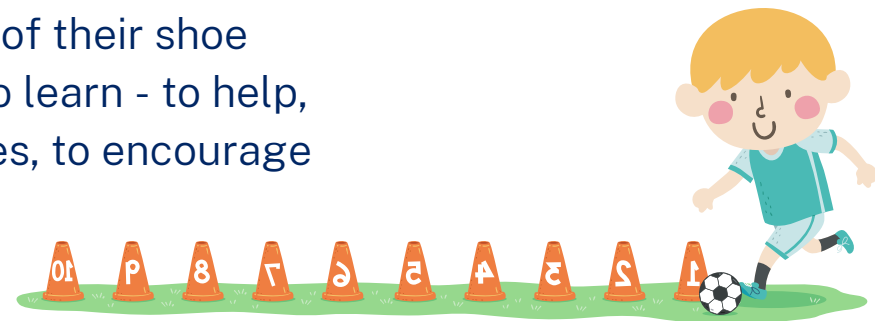
Kicking



Kicking

Inside or top

It's important to teach children to use either the top of their shoe (shoelaces) or the inside of their foot. This is tricky to learn - to help, place a sticker on the top or inside of children's shoes, to encourage them to use that part of their foot.



Dribble relay

Using a medium-sized ball, line children up one in front of the other and facing an Educator about 10m away. One at a time, get children to dribble the ball to you and back to the next child in the line. If you have a large group, split them into 2 teams with the lines facing each other so children aren't standing around for too long.

Stocking ball kick

Place a ball in a stocking. Hold the stocking up while children attempt to kick the ball with their feet. They may need to hold your shoulder for balance.

Goals

Set up a set of goals using cones or other objects. Ask the children to practice kicking a ball into the goal one at a time. Place the ball on a cone to stop it from moving and to make it easier.

Target kicking

Draw or stick different coloured shapes on a wall outside for the children to kick a ball at. Or use old milk bottles as skittles, fill up with a bit of sand, set them up and ask children to knock them over by kicking a ball at them.





Catching



Catching

Balloon tap

Stop a balloon from hitting the ground by tapping it up in the air. Count how many times you touch it before it hits the ground. Use different body parts to keep the balloon in the air.



Pass the ball

Ask children to stand in a circle with about an arms length between them. Pass a ball around the circle, encouraging children to keep their eyes on the ball and reach out ready to receive it from the person next to them.

Blowing bubbles

Blow bubbles and ask the children to put their hands out ready to catch them.



Ball rolling

Sit in a circle with the children with everyone's legs spread apart in front of them. Roll the ball between everyone in the circle. Encourage the children to keep their eyes on the ball and hands out ready to stop it. This can also be done one-on-one.

Beach ball catch

Have children stand in a circle. Using a beach ball or another large, light-weight ball, throw the ball between each of you in the circle





Stationary

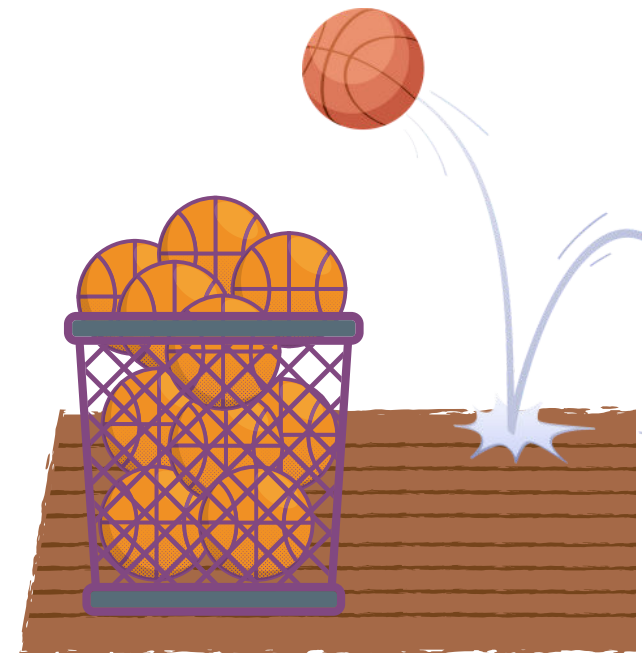
dribbling



Stationary dribble

Clap, clap, clap

Get children to bounce a ball with two hands as high as they can and see how many times they can clap before it hits the ground.



Basket bounce

Place a basket or box in a designated area. Get children to bounce a ball with two hands and try to get the ball to land in the basket.

Busy bees bouncing

Draw flowers and bees on the ground. Ask the children to bounce a large ball with two hands on to the pictures and try to catch it. Sing the Busy Bee song as the children bounce their balls



Dribbling cross

Draw a line of crosses on the ground using chalk or tape. Using both hands, ask the children to bounce their balls on the crosses as they walk along the line.



Overarm

throw



Overarm throw

Distance throw

Using a variety of objects, see how far the children can throw them.



Bean bag throwing

Give each child a bean bag. Have them hold the bean bag to their ear and then throw it. Holding the bean bag near the ear is one of the first steps of the advanced skill of catching.



Target hit

Stack some cups into a tower. Have the children overarm throw balls towards the cups to try and knock them over.

Paper ball toss

Make balls out of paper and tape. Ask the children to attempt to throw the balls into a bucket or box.

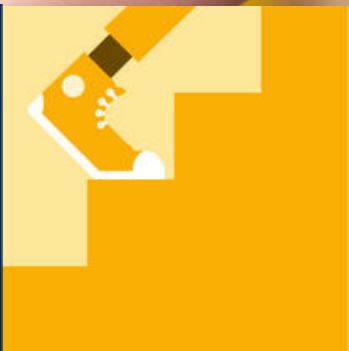
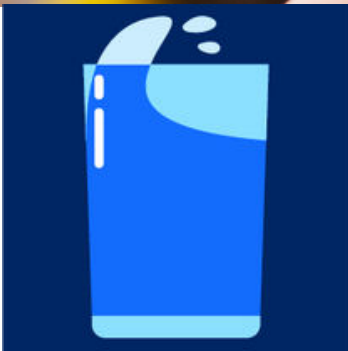
Paper aeroplanes

Make paper planes with the children. Then get the children to line up and throw the planes as far as they can.





Side sliding



Side sliding

Side-slide course

Set up a course around the yard using chalk or tape. The children follow you side-sliding around the course.



Fish, fish, crab

A child swims like a fish around the circle. When they say crab, both children walk like a crab around the circle (side-stepping). Similar to duck, duck, goose.



Ring a ring rosey

Holding hands or a parachute, side-slide in a circle singing the nursery rhyme.

Snail relay

Separate children into teams and mark out a relay track. Children will be 'running' a relay but instead of running they will be sliding like snails. The first child side-slides up and back and has to high five the next child in line. They then do the same until the whole team has finished.



Line sliding

Mark out a line with chalk or masking tape and get the children to side-slide along the line.