

Incorporating Fundamental Movement Skills (FMS) into your PHE classes:

1. Teach the FMS explicitly. Allow for practice. Don't assume all students know how to do each skill. Young students haven't had the experience yet to develop them. Older students may have developed bad habits and incorrect form over time (that's harder to correct. Re-teaching is WAY MORE WORK!)
2. Use laminated signs for gym entry routines and the Movement Preparation Guides for warmups.
3. Play tag games where a movement/balance/exercise is the task to free a friend.
4. Stations and circuits.
5. Movement transitions to locations & line-ups. Gym exit or "escape" movements for water breaks, end-of-class line-ups.
6. Dedicated FMS relays.
7. Blending FMS into other relay style games (ex. Go Fish, Card Shark – see "Survive and Thrive in the Gym" document).
8. Try to get into the habit and routine of asking your students to do a variety of things to get from "A" to "B" rather than just walking or running. Doing a little bit every PHE class will make a significant difference over time by accumulating repetitions and practice. Even having the students doing a FMS task as they enter the gym: ex: "Jump as far as you can three times in a row before you begin your warm up laps". You could track/tape mark on the floor who can jump the farthest distance for each grade for a fun competition.