



**FMC**

**LITTLE MOVES . BIG STEPS**



# Teachers' Manual

# **Teacher Manual**

## **Introduction**

Welcome to the Fundamental Movement Skills (FMC) curriculum! This manual is designed to help you effectively navigate and implement the FMC programme in your physical education classes. The curriculum is structured to be flexible, offering two lesson formats to accommodate various PE timetables while ensuring comprehensive coverage of each Fundamental Movement Skill (FMS).

## **Lesson Format Options**

Each strand within the FMC curriculum provides two lesson structure options:

1. Six 1-Hour Lessons (Lesson 1-6)
2. Twelve 30-Minute Lessons (Lesson 1a+b - 6a+b)

The content is the same in both formats; it's simply organized differently to suit different schedules. You can choose the format that best aligns with your PE timetable.

## Detailed Lesson Structure

### Lesson 1: Exploration and Pre-assessment

#### **Objective:**

- Introduce the chosen Fundamental Movement Skill.
- Assess students' initial skill levels.

#### **Activities:**

- Exploration: Begin by introducing the FMS through a series of exploratory activities that allow students to familiarize themselves with the movement.
- Pre-assessment: Use the Movement Ninja printable and assessment sheet to evaluate each student's starting point. This assessment will help you understand their current abilities and set a baseline for future progress.
- Materials Needed: The Movement Ninja printable and assessment sheet can be found in the "Equipment List and Printables" section under Lesson 1.

## **Lessons 2-5: Skill Development and Practice**

### **Objective:**

- Develop and refine the chosen FMS through structured activities and games.

### **Structure:**

- [Warm-Up:](#) Begin each lesson with a warm-up session. The warm-up should be dynamic, involving activities that prepare students physically and mentally for the main activities.
- [Skill Development Game and/or Fundamental Movement Game:](#) The core part of each lesson focuses on skill development. Use engaging games and activities that are designed to progressively build upon the FMS introduced in Lesson 1. These activities are both fun and educational, encouraging active participation while reinforcing the skill.
- [Cooldown:](#) Each lesson concludes with a wind down activity that provides an opportunity for students to reflect on what they've learned. Cooldown activities can include stretching, breathing exercises, or a brief discussion about the lesson.

**Materials Needed:** Any specific equipment or printables needed for these activities can be found in the "Equipment List and Printables" section under the respective lessons

## **Lesson 6: Re-assessment and Review**

### **Objective:**

- Re-assess students' progress in the chosen FMS.
- Review and compare progress from Lesson 1 to Lesson 6.

### **Activities:**

- **Re-assessment:** Use the same assessment method from Lesson 1—either the assessment sheet or a video method—to evaluate students' progress. This re-assessment allows students to see how much they have improved over the course of the strand.
- **Review:** Engage students in a discussion or activity where they can reflect on their growth. Compare their initial assessment from Lesson 1 with the re-assessment in Lesson 6 to help them understand their development.

### **Materials Needed:**

- Assessment sheet or video recording equipment, as used in Lesson 1, available in the "Equipment List and Printables" section under Lesson 6.

## Accessing Materials

All materials, including the Movement Ninja printables, assessment sheets, and other resources, are available in the "Equipment List and Printables" section under each respective lesson. Be sure to review these materials before each class to ensure you have everything prepared.

## Conclusion

This curriculum is designed to be engaging and adaptable, helping you provide effective physical education that meets the needs of all students. By following the structure outlined in this manual, you can ensure that your students develop their fundamental movement skills in a progressive, supportive environment.

If you have any questions or require additional support, please feel free to reach out to the programme coordinators. We're here to assist you in making the most of the FMC curriculum and delivering high-quality PE lessons to your students.

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**This manual is your guide to delivering the FMC curriculum. Use it as a reference throughout the school year to ensure that you are providing your students with the best possible physical education experience.**