

## Tips/Guidelines for teaching your kids Fundamental Movement Skills

Show enthusiasm and create a positive, fun learning environment. Join in as much as possible and use activities and games your child suggests.

Know the fundamental motor skills and their components so you can provide opportunities to practise them and feedback to help develop competence.

Don't just play games involving the skill, give specific information on how to perform the skill (see Skill Components Fact Sheet) eg. "That was a great effort; this time let's put the other foot forward". Feedback on what kids need to do to improve their skills greatly enhances learning.

Be Patient. Focus on one component of a skill at a time and keep time to a minimum between giving an instruction and allowing a child to practise.

Keep home play sessions short but frequent.

Ensure your children experience success. Call attention to correct performance rather than mistakes.

Keep explanations brief - no more than a minute. Maximise 'doing' time.

Teach kids that everyone makes mistakes and it can take a considerable time to learn these skills.