

FUNDAMENTAL

MOVEMENT

SKILLS

# FMS

with Franky and Friends

A fundamental movement skills resource  
for pre-schoolers 3-5 years

USE ME  
EVERY  
DAY!



This resource was developed and designed by the Health Promotion Service,  
South Western Sydney Local Health District.

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# JUMPING

with Franky the Frog

for pre-schoolers 3-5 years



## DESCRIPTION

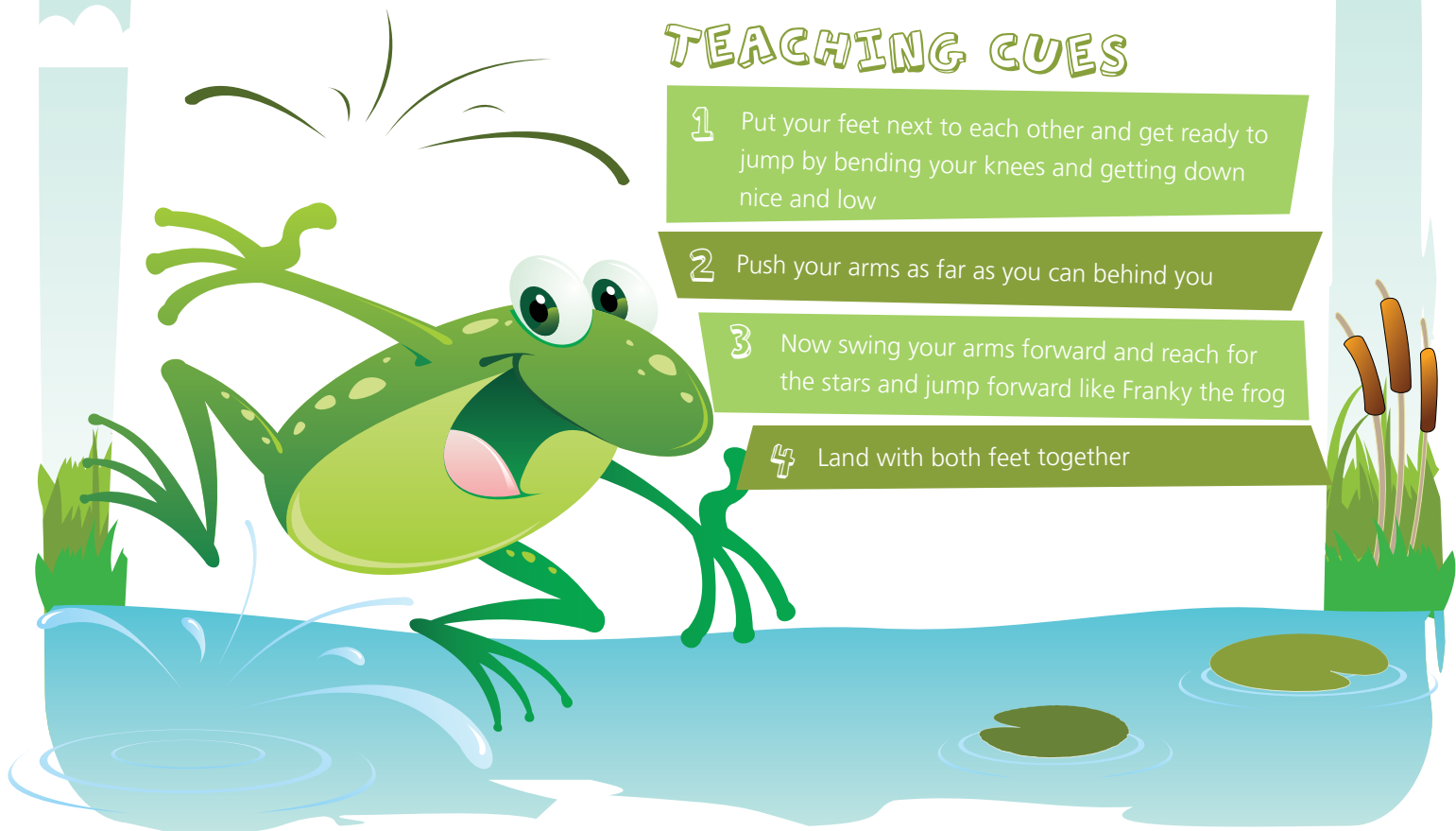
Jumping is the action of pushing off with both feet and landing with both feet. It can be divided into three parts – the take off, flight and landing.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for jumping
- Start with the 'Who can jump like Franky the Frog?' activity, it's a good idea to practice jumping on the spot before trying other ideas like jumping forwards
- Try to identify the reason/s as to why a child is having difficulty jumping, try breaking up the action into simpler parts. Work on single components such as arm swing, landing on two feet or bending knees
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of jumping
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Put your feet next to each other and get ready to jump by bending your knees and getting down nice and low
- 2 Push your arms as far as you can behind you
- 3 Now swing your arms forward and reach for the stars and jump forward like Franky the frog
- 4 Land with both feet together





# JUMPING

with Franky the Frog

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Jack in the box.

## WHO CAN JUMP LIKE FRANKY THE FROG?

### Game Set up

Children spread out in a defined area

### Activity

Who can jump?

- |  |   |  |
|--|---|--|
|  Forwards     |  Backwards |  Loudly             |
|  Fast         |  Slow      |  In a straight line |
|  In a zig zag |  High      |  Low                |



Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"



# JUMPING

with Franky the Frog

for pre-schoolers 3-5 years

## FROG JUMP

Uses rhyme and markers to teach and enhance children's ability to jump.

### Equipment

- Coloured chalk or carpet squares
- 'Jumping' Fundamental Movement Skill Lanyard

### Game Set up

- In an appropriate space, mark out a start line
- Use chalk, masking tape or carpet squares to create four 'lily pads' in a straight row. Repeat this row of lily pads two or three times – using different colours for each row of lily pads. Place a marker at the end of each row of lily pads – about 10 metres away from the start line

### Activity

Start the game with all the children in a group facing the educator. Educator sings 'Der Glumph' song – but changes the words 'Der Glumph' to 'A Jump' – while children practice jumping.

Demonstrate to the children how to jump like a frog on each lily pad in the row, then run around the marker and back again to the start. Children then take turns. To change the experience put the templates in a zig zag pattern or give the song an Australian feel by singing 'A jump went the Kangaroo last night'.

#### A Jump

'A jump went the little green frog last night  
A jump went the little green frog  
A jump went the little green frog last night  
And his legs went jump, jump, jump!  
But – We all know frogs go  
Clap – La de da de da, Clap – La de da de da,  
Clap – La de da de da.'



# JUMPING

with Franky the Frog

for pre-schoolers 3-5 years

## BUBBLE BLOWING

Uses the environment to enhance children's ability to jump.

### Equipment

Bubble mix (water and detergent) and a bubble blowing stick

### Game Set up

Spread the children out in a defined area

### Activity

Blow bubbles and instruct children to jump, catch and burst the bubbles with their hands



## CAN YOU CROSS THE RIVER?

### Equipment

Chalk, skipping ropes or marker cones

### Game Set up

- Place the rope in two lines or draw two lines with chalk to form the river
- Ask the children to form one line behind the "river" allowing enough room for the first child to prepare for their jump

### Activity

- Children have to jump over the river
- Encourage children to raise their arms in the air to get further distance
- As the distances become longer, extend the width of the river to provide a further challenge

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: Simon Says, adapt movements to be more relaxing, for example ask children to roll shoulders and breathe deeply.**



# RUNNING

with Freddy the Fox

for pre-schoolers 3-5 years

## DESCRIPTION

Running is like walking except there is a moment where both feet are off the ground together.

## POINTS TO REMEMBER

- ✿ Before starting the games take a few moments to go over the key teaching cues for running
- ✿ Start with the 'Who can run like Freddy the Fox?' activity and if a child is having difficulty running, try breaking up the skill into simpler actions
- ✿ Work on single elements and once competent, progress and advance from walking to fast walking to jogging to running
- ✿ In active play gather a small group of children at a time, first demonstrate the skill and then explicitly teach each component of running
- ✿ Don't forget to warm up and cool down
- ✿ Demonstrate the skill so that everyone can see
- ✿ Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

Encourage children to land on the ball of their foot and bend their knees. Eyes should be focused forward throughout the run, use specific eye level targets to help children keep their eyes up.

1 Everyone tippy toe around the yard

2 Who can point to the ball of their foot?

3 Let's run quietly, making no sound when our feet land

4 Who can jog on the spot and bend their knees to kick their bottom?

5 Let's jog on the spot and lift our knees really high



# RUNNING

with Freddy the Fox

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Heads, Shoulders, Knees & Toes.

## WHO CAN RUN LIKE FREDDY THE FOX?

### Game Set up

Children spread out in a defined area

### Activity

Who can run?

Forwards

Backwards

Loudly

Fast

Slow

In a straight line

In a zig zag

Holding hands with a friend

Quietly

Freddy says "Don't forget to use the FMS lanyard to help you detect & correct!"

## DUCK DUCK GOOSE

### Game Set Up

Ask children to make a circle within a defined area

### Activity

To promote movement keep all the children standing and start the game by having everyone follow a simple movement such as moving like a duck on the spot or balancing on one leg

Choose one child to walk around the outside of the circle touching each person on the shoulder. Accompanied with the touch, they say 'duck, duck, duck'

The child can then choose to say 'goose', which now means the child they have last touched chases them around the circle attempting to tag them before they get back to their original spot





# RUNNING

with Freddy the Fox

for pre-schoolers 3-5 years

## STUCK IN THE MUD

This is a fun game to teach and enhance children's ability to run. In this game of tag one of the children is "it", and when they touch another child that child is frozen and can't move.

The frozen child stands with their feet apart and can only be unfrozen when someone else crawls through their legs. Play continues until all the children are frozen.

Then the last child to be frozen is "it" for the next game.

## MINI OLYMPICS

### Equipment

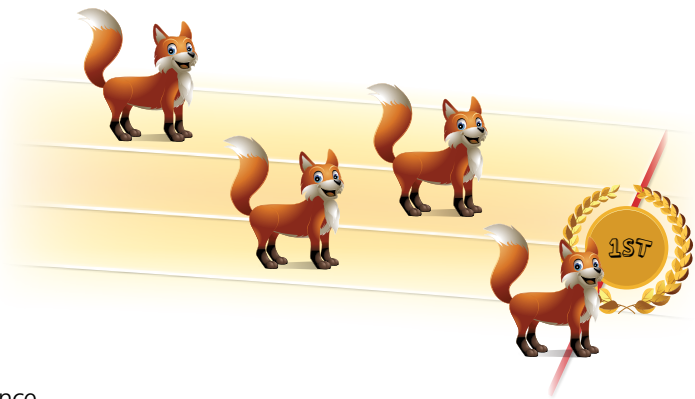
- ✿ Witches hats/masking tape or chalk
- ✿ Whistle or loud voice

### Game Set up

Create a start and finish line using witches hats, masking tape or chalk

### Activity

- ✿ Start with a simple running race and once the children have grasped the concept try relay races and cross country
- ✿ Line the children up along the starting line and use a whistle or call out 'ready, set, go'
- ✿ It's a good idea to only have a few children race at a time so you will be able to detect and correct their technique



# RUNNING

with Freddy the Fox

for pre-schoolers 3-5 years

## WHAT'S THE TIME MR WOLF

### Game Set Up

You will need two staff – one to assist the wolf and one to help the children count their steps

### Activity

One child is chosen to be Mr Wolf, who then stands at one end of the playing area.

The other players stand in a line at the other end and Mr Wolf turns his back to commence play.

The players call out, "What's the time Mr Wolf?" and Mr Wolf turns and answers with a time (i.e. 3 o'clock) Mr Wolf then turns his back while the children advance again chanting "What's the time Mr Wolf?" to which Mr Wolf will continue to respond until the players come very close.

Once the line of players is close to Mr Wolf, he can respond to the chant with "It's dinner time!" at which point he will chase the players back to the starting line with the aim to catch one of them, who will then become Mr Wolf for the next round of the game.



## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try:**  
**Here we go round the Mulberry Bush.**



# GALLOPING

with Holly the Horse

for pre-schoolers 3-5 years

## DESCRIPTION

Galloping is the action of stepping forward with one foot, then sliding the other foot forwards. It is a rhythmic movement and the front foot is always the lead.

## POINTS TO REMEMBER

- 🐾 Before starting the games take a few moments to go over the key teaching cues for galloping
- 🐾 Start with the 'Who can gallop like Holly the Horse?' activity, it's a good idea to practice stepping with one foot in front of the other (like a slow gallop) before adding the jump or hop motion
- 🐾 If a child is having difficulty galloping, try breaking up the action into simpler parts. Work on single components such as keeping arms bent at waist level, starting with the same lead foot or focus on the back foot landing next to the lead foot
- 🐾 In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of galloping
- 🐾 Don't forget to warm up and cool down
- 🐾 Demonstrate the skill so everyone can see
- 🐾 Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Arms bent by your sides, like you are holding the horses reins
- 2 Take a big step forward
- 3 Drag your other foot to the same spot
- 4 Take another big step and drag your back foot along
- 5 Keep holding those reins up!
- 6 Try and go a little faster





# GALLOPING

for pre-schoolers 3-5 years

with Holly the Horse

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Hokey Pokey.

## WHO CAN GALLOP LIKE HOLLY THE HORSE?

### Game Set up

Children spread out in a defined area

### Activity

Who can gallop?



Slow



Loudly



With the other foot in front



Fast



Quietly



In a straight line

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

## GALLOPING AROUND

### Equipment

This activity can be run with no equipment, however you may like to use a CD player with related music or a drum/tapping sticks to create rhythm

### Game Set up

Children spread out in a defined space

### Activity



Get children to gallop around the space as they sing to this song, choosing different names as they go



Sing to the tune of "Here we go round the mulberry bush":



Use tapping sticks (or clap) to create a galloping rhythm



Try other songs that include galloping such as 'William Tell'

This is the way that 'child's name' gallops,  
'child's name' gallops, 'child's name', gallops

This is the way that 'child's name' gallops  
When he/she is at preschool



# GALLOPING

for pre-schoolers 3-5 years

with Holly the Horse

## RIDERS AND HORSES

### Equipment

- U Markers or masking tape or other cone/circle shapes
- U Paper streamers
- U Tapping sticks for gallop rhythm (or clap)

### Game Set up

In an appropriate space, set out markers in a circle shape (or use masking-taped spots if inside)

### Activity

- U Children form pairs. One child will be the galloping horse – put paper streamers around their waist for the reins. The other child will be the rider who holds onto the reins and gallops behind the horse. Remember to swap roles so children get a turn at being both characters
- U Ask the children to gallop:
  - Around the inside space of the circle
  - Weaving in and out around the markers
  - Around the outside of the circle and back the other way
  - Sing the galloping rhyme "Giddy up Horsey"

Giddy up, Giddy up, Giddy up horsey

Giddy up, Giddy up, Whoa, Whoa, Whoa!

Giddy up, Giddy up, Giddy up horsey

Giddy up, Giddy up Whoa!



# GALLOPING

for pre-schoolers 3-5 years

with Holly the Horse

## COW - COW - HORSE

### Equipment



Markers or masking tape

### Game Set up

In an appropriate space, set out a rectangular area with markers

### Activity



To promote movement keep all the children standing and start the game by having everyone follow a simple movement such as moving like bouncing on the spot or balancing on one leg



Choose one child to walk around the outside of the circle touching each person on the shoulder. Accompanied with the touch, they say 'cow, cow, cow'



The child can then choose to say 'horse', which now means the child they have last touched gallops around the circle trying to tag them before they get back to their original spot



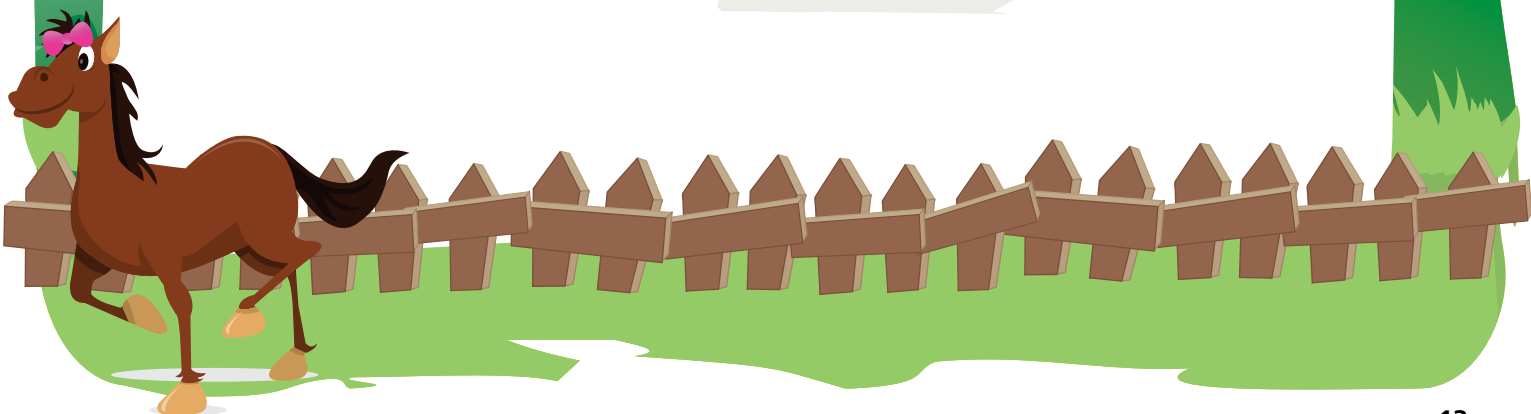
Both the child who is in and the child chasing should be galloping

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities; try:**

**If you're happy and you know it** – include movements such as touch your toes, reach for the sky, roll your shoulders, close your eyes, sit down.



# HOPPING









with Kenny the Kangaroo

for pre-schoolers 3-5 years

## DESCRIPTION

Hopping is the action of balancing and jumping on one foot. Arms are used for distance and balance.

## POINTS TO REMEMBER

-  Before starting the games take a few moments to go over the key teaching cues for hopping
-  Start with the 'Who can hop like Kenny the Kangaroo?' activity and if a child is having difficulty hopping try breaking the skill into simpler actions
-  Offer your hand for physical support. Some children may find it easier to start jumping on two feet and then moving on to one leg
-  Use music to encourage rhythmic movements
-  In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of hopping
-  Don't forget to warm up and cool down
-  Demonstrate the skill so that everyone can see
-  Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES



1 Stand up straight and see how long you can balance on one leg then try the other

2 Bend one leg so your foot is behind you

3 Swing your arms backwards and forwards

4 Hop as far forward as you can

5 Try again but remember to keep your bent leg behind you!

# HOPPING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Hot Potato or The Chicken Dance.

## WHO CAN HOP LIKE KENNY THE KANGAROO?

### Game Set Up

Children spread out in a defined area

### Activity

- |   |   |  |
|---|---|--|
|  On the Spot       |  Quietly |  Loudly             |
|  Fast              |  Slow    |  In a straight line |
|  On the other foot |   |  |

Kenny says "Don't forget to use the FMS lanyard to help you detect & correct!"



# HOPPING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

## CROCODILE HOP

Uses visual cues to develop a pre-schoolers ability to hop.

### Equipment

- 🐾 3 crocodile figures or small soft animal toys
- 🐾 'Hopping' Fundamental Movement Skill lanyard

### Game Set up

- 🐾 In an appropriate space lay out three 'crocodiles' or small soft animal toys in a row

### Activity

Demonstrate the task i.e. walk/run up and hop over the animals, maintaining the hop through the length of the three animal course.

Ask the children to hop around the course using big arm movements. Encourage them to try it using their other foot. Give lots of positive feedback!

## HOPSCOTCH

### Game Set Up

Chalk to draw a hopscotch court

### Activity 1

Introduce the children to the game of hopscotch by first exploring the pattern and sequence. Practice moving along the court; hop (1), hop (2), hop (3), jump (2 feet on 4 & 5), hop (6), jump (2 feet on 7 & 8).

### Activity 2

When children are familiar with the hopscotch court and able to follow more rules and instructions try this advanced variation. The child throws a pebble into a square; they then hop into each square, hopping over the square where the pebble is located. Once they arrive at the end they turn around and complete in reverse, picking up the pebble on their way. Children will need to balance to pick up the pebble and should remember to jump with both feet on squares 4 & 5 and again for 7 & 8.

# HOPPING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

## HOPPING FUN

Use a song and visual cues to practice hopping.

### Equipment

🐾 Circle paper/cardboard templates

🐾 'Hopping' Fundamental Movement Skill lanyard

### Game Set up

Place the circle templates out in a clearly defined area

### Activity

Ask the children to practice hopping with you. Use circle templates to create targets, encourage children to hop to each target. Make sure they try hopping on both legs. As children become more confident encourage them to go faster. Make it fun by singing a song, e.g.

**'Hop, hop, hop if you feel you want to,  
Hop, hop, hop if you feel you can,  
Hop, hop, hop if you feel you want to,  
Hop, hop, hop if you feel you can!'**

## RIVERS AND PUDDLES

### Equipment

🐾 Chalk

🐾 Skipping ropes

🐾 Hoops or circle templates

### Game Set up

Create a course using the skipping ropes or chalk for rivers and hoops or templates for puddles

### Activity

Demonstrate to the children by hopping into, out of or over the river and over or around the puddles

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: Wriggle your toes.**

Have children lie on their backs and breathe deeply as you sing the song ask them to focus on the specific body part while keeping the rest of their body very still.

**Wriggle your toes in the sun,  
Lovely and warm, lovely and warm,  
Repeat with a different body part each time.**

# LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

## DESCRIPTION

Leaping is a graceful long step where both feet lift off the ground to cover a distance or go over an obstacle.

## POINTS TO REMEMBER

- ✿ Before starting the games take a few moments to go over the key teaching cues for leaping
- ✿ Start with the 'Who can leap like Freddy the Fox?' activity
- ✿ If a child is having difficulty leaping try breaking up the action into simpler parts. Work on single components such as taking off on one foot and landing on the opposite foot or focus on the opposite arm swinging forward during the leap
- ✿ In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of leaping
- ✿ Don't forget to warm up and cool down
- ✿ Demonstrate the skill so that everyone can see
- ✿ Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Start with soldier marching and focus on swinging the opposite arm to leg
- 2 Keep marching and imagine a big puddle in front of you, you need a big step in your soldier march to get over the puddle
- 3 Now imagine an even bigger puddle, you will need a little run up and a leap to get over the puddle without getting wet

For children that are struggling with coordinating arm movements try leaping with hands on hips. To encourage using opposite arm to leg allow children to hold a piece of ribbon in one hand and tie a small piece of ribbon to the alternate foot. When leaping the foot and hand with the ribbon should both be together – either at the front or at the back.





# LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

**Action songs make great warm-up activities, try:**

If you're happy and you know it, and add actions such as – stomp your feet, leap around, run on the spot and reach up high.

## WHO CAN LEAP LIKE FREDDY THE FOX?

### Game Set up

Children spread out in a defined area

### Activity

Who can leap?



Slow



In a line



Long



Fast



In a circle



Short



High



Loudly



Softly

Freddy says "Don't forget to use the FMS lanyard to help you detect & correct!"



# LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

## LEAPING LILY PADS

### Equipment

- ✿ Flat markers, paper or masking tape to mark out lily pads
- ✿ Munch and Move music CD

### Game Set up

Place a series of lily pads in a row or zig zag

### Activity

- ✿ Play the Munch & Move music CD and ask the children to leap from lily pad to lily pad
- ✿ When the music stops the children must balance on their lily pad
- ✿ You can make this game more difficult by moving the lily pads further apart and creating a series of wavy or zig zag tracks



## ON THE WAY TO GRANDMA'S HOUSE

### Equipment

- ✿ Rope or tape
- ✿ Objects to represent reptiles (toy snakes, frogs, fish, kitchen sponges or children's drawings)

### Game Set up

Arrange the rope or tape in two parallel lines on the floor to create a river. Fill the river with fish, frogs and snakes.

### Activity

Read the children the story of "Little Red Riding Hood" and dramatise the journey Little Red Riding Hood takes to visit her grandmother's house. On the way to grandma's house you encounter the river full of snakes and other reptiles, ask the children to think of a safe way to cross the river. Encourage the children to have a little running start before their leap over the river. Experiment with different widths of the river and height of the reptiles to challenge the children.



# LEAPING

with Freddy the Fox

for pre-schoolers 3-5 years

## TREASURE HUNT

### Equipment

- ✿ 6-10 Hula hoops or chalk to mark out the circle
- ✿ 6-10 plastic bowls or cups
- ✿ Red paper cut into an X

### Game Set up

Arrange the hula hoops around the room or draw circles on the ground with chalk. The distance between the circles should be enough so children can leap between them. Place a bowl or cup upside down in each circle and hide the X under one of the bowls/cups.

### Activity

- ✿ Explain to the children they are pirates in search of buried treasure, the hula hoops/chalk circles are islands and underneath one of the bowls/cups is a red X to mark where the treasure is buried
- ✿ Between the islands is the ocean where there could be sharks waiting, so the pirates must leap between the islands trying not to land in the water
- ✿ When the children land on each island they should check beneath the bowl/cup for the X and call out "Arrrrrrgh I found the treasure" if they find the X. For larger groups you may need more hoops and more than one X

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: Row, row, row your boat.**



# SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

## DESCRIPTION

Skipping is a forward movement involving a step-hop on one foot, and then transferring weight to the other foot to repeat the pattern.

## POINTS TO REMEMBER

- U Before starting the games, take a few moments to go over the key teaching cues for skipping
- U Start with "Who can skip like Holly the Horse?" activity
- U If a child is having difficulty skipping try breaking the skill into simpler actions
- U Don't forget to warm up and cool down
- U Demonstrate the skill to small groups of children and then explicitly teach each component of skipping
- U Positive feedback is the key - have fun detecting and correcting

## TEACHING CUES

- 1 Step forward and hop once on that foot
- 2 Repeat the step-hop with the other foot
- 3 Make your movements bigger by bending your arms and moving the opposite arm to leg
- 4 Try to do this four times without stopping!



# SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Here We Go Round the Mulberry Bush.

## WHO CAN SKIP LIKE HOLLY THE HORSE?

### Game Set up

Children spread out in a defined area.

### Who can skip?

U In a straight line

U In a circle

U In a zig-zag

U On the spot

U Slowly

U Fast

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

## SKIPPING AROUND

### Equipment

This activity can be run with no equipment but you may like to use a CD player with related music or a drum/tapping sticks to create rhythm.

### Game Set up

Children spread out in a defined space.

### Activity

U Use tapping sticks (or clap) to create a skipping rhythm

U Sing to the tune of "Ring Around the Rosie" and instead of children joining hands, have them skip in a circle:



Ring around the Rosie

A pocket full of poises

A tissue! A tissue!

We all fall down!





# SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

## BIRTHDAY PLUMS (FROM GREAT GRUB CLUB)

### Equipment

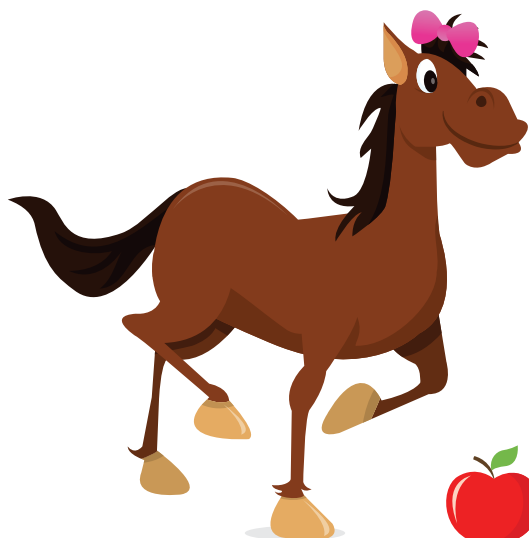
- U Pictures of apples, bananas, strawberries and plums (could be laminated pictures, cut from cardboard or drawn with chalk).

### Game Set Up

Spread fruit pictures in a circle, straight line or in different directions.

### Activity

- U Get children to skip along the path of fruit while the non-skippers sing:  
*Apples, bananas, strawberries and plums*  
*Tell me when your birthday comes!*
- U The non-skippers say the months of the year (January, February, March, etc.) and then the skipper stops when their birthday month is announced.
- U Other fruits can be used but keep the plums in so the song rhymes!



# SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

## FRUIT AND VEGETABLE RELAY RACE

### Equipment

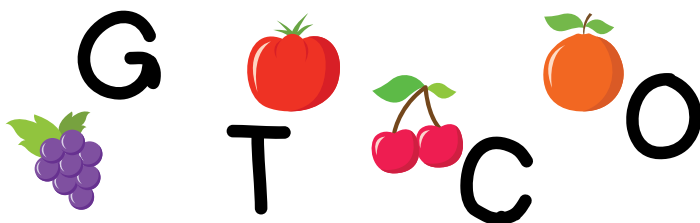
- U 3-4 small baskets containing 5-6 letters of the alphabet (include different letters in each basket).
- U Pictures of various fruits and vegetables that start with the letters in the baskets. Have at least 2 fruits/vegetables that start with the same letter.
- U Blu-tack.

### Game set-up

- U Display the letters of the alphabet on a wall or fence.
- U Spread out fruit and vegetable pictures in front of the displayed alphabet letters.
- U At the other end of the space/room, split children into groups and line them up behind each basket.

### Activity

- U Have children at the start of the line randomly select a letter from the basket.
- U The children skip towards the pictures and select one fruit or vegetable that begins with the letter they selected. Have the children stick their picture under the corresponding alphabet letter on the wall, using the blu-tack.
- U Once each child has stuck their picture on the wall, they skip back to their group and tag the next child in the line who repeats the same process.
- U The first group who finishes all the letters in their basket wins! Check that the groups have selected the correct fruits and vegetables according to their allocated letters.



# SKIPPING

with Holly the Horse

for pre-schoolers 3-5 years

## SKIPPING SONGS

### Equipment

No equipment is needed, but you may like to use some props that include child-friendly items related to the song lyrics (e.g. blue crepe paper for rain, toy hammers, fruit models).

### Game set-up

Have children form a circle or spread out in an appropriate space.

### Activity

Incorporate skipping into the following song which is sung to the tune of "It's Raining, It's Pouring":

The children are skipping  
Listening to the raindrops dripping  
Splashing in the puddles, playing in the mud  
But the children are happy and giggling!

The children are skipping  
The builders are chipping  
Nails, hammers and planks of wood  
Making a house for a family to live in!

The children are skipping  
They go outside for some fruit picking  
Strawberries, oranges and sweet apples  
Their tummies will be cheering!

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: A Sailor Went to Sea**

Encourage children to march on the spot in time to the song or make big circles through their head/neck, shoulders, wrists, hips and ankles. Sing the song slowly to ensure that the children's movements are not rushed.





# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## DESCRIPTION

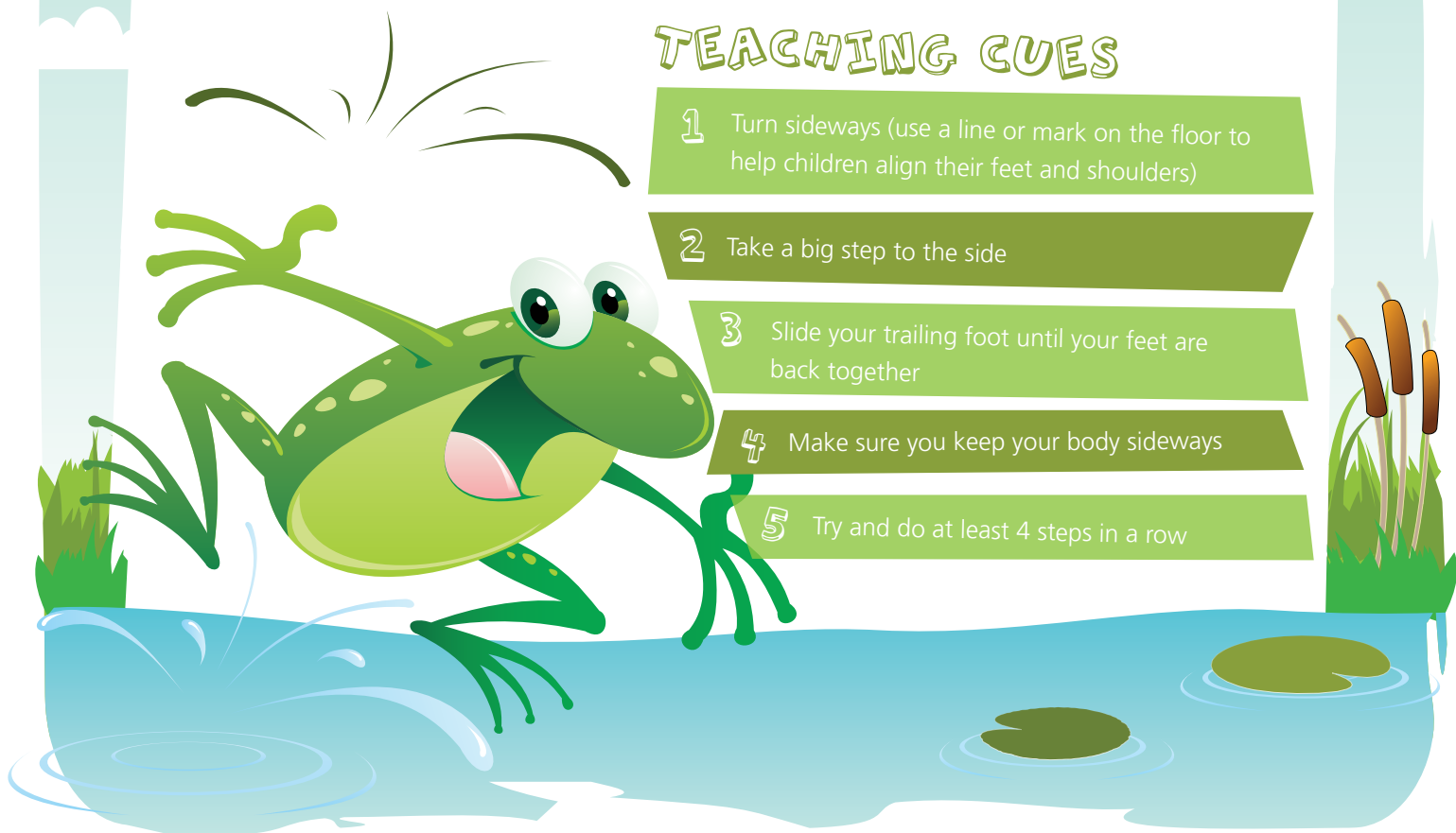
Side sliding is a side to side gallop with minimal bounce. The movement should look smooth and children stay low to the ground.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for side sliding
- Start with the 'Who can side slide like Franky the Frog?' activity, most children will find this movement simple so challenge them to go a little faster or to follow a line on the floor
- If a child is having difficulty side sliding, try breaking up the action into simpler parts. Work on single components such as keeping the body side on, making sure feet touch in the middle and turning the head to watch where they are going without moving their shoulders
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of side sliding
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Turn sideways (use a line or mark on the floor to help children align their feet and shoulders)
- 2 Take a big step to the side
- 3 Slide your trailing foot until your feet are back together
- 4 Make sure you keep your body sideways
- 5 Try and do at least 4 steps in a row



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Ants Go Marching.







## WHO CAN SIDE SLIDE LIKE FRANKY THE FROG?

### Game Set up

Children spread out in a defined area

### Activity

Who can side slide:

- |  |   |   |
|--|---|---|
|  Slow                  |  Fast               |  In a straight line |
|  Along a balance beam |  On their tip toes |  Sneakily          |



Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"

## FOLLOW THE FOOTPRINTS



### Equipment


-  Footprints (could be laminated paper cut from cardboard, stickers or drawn with chalk)

### Game Set up

-  Create a course throughout the yard or inside the room
-  Place footprints all around and in different directions

### Activity

-  Get children to side slide along the course making sure they slide over every footprint
-  This helps children practice bringing their feet together, so they can step their lead foot to the footprint and bring their trailing foot alongside

-  Play music to make it fun, try the song 'Sliding' (track 6 of the Munch & Move CD)

Sliding, sliding, sliding, side sliding together

-  Encourage older children to slide in both directions



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## PARACHUTES

### Equipment

A parachute, if you do not have one this activity could also be done using a bed sheet

### Game Set up

- Spread the parachute out in an open space
- Make sure you have adequate staff participating

### Activity

- Children form a circle holding hands and spreading out
- Educators open out the parachute and all children take hold with both hands
- Children and educators side slide around the circle still holding the parachute
- Variations can include:
  - o Side sliding with the parachute held up high (above heads)
  - o Side sliding with the parachute held down very low
  - o Taking 4 steps left and then 4 steps right
  - o After a number of side slides an educator calls 'under' and children run underneath the parachute

## SIDE SLIDING SONGS

### Equipment

No equipment is needed, but you may like to use a CD player

### Game Set up

Have children form a circle in an appropriate space

### Activity

Incorporate side sliding into circle songs. Have children hold hands and side slide around the circle singing songs such as:

Here we go round the mulberry bush  
Here we go round the mulberry bush,  
The mulberry bush,  
The mulberry bush.  
Here we go round the mulberry bush  
So early in the morning



# SIDE SLIDING

for pre-schoolers 3-5 years

with Franky the Frog

## SIDE SLIDING SONGS

**Cows in the Meadow**  
(alternate rhyme to Ring around the Rosey)

Fishes in the water,  
Fishes in the sea  
We all jump up  
With a one-two-three!

Cows in the meadow  
Eating all the grass,  
They all fall down  
With a one two three!

**One Grey Elephant...**

One grey elephant balancing,  
step by step on a piece of string,  
thought it was such a wonderful stunt  
so he called for another elephant.

Two grey elephants balancing,  
step by step on a piece of string,  
thought it was such a wonderful stunt  
so he called for another elephant.

Repeat until all children are sliding, then final line:

And what do you think happened??  
THEY ALL FELL OFF!

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: The Belly Button Game.**

Have children imagine their belly button is at the centre of a circle. Ask them to draw big circles as if they have a hula hoop around their waist. Try 3 circles one direction and then 3 the other way, you could also try circles with their eyes closed, up high, down low and end with children seated making tiny circles with their belly buttons.



# CATCHING

for pre-schoolers 3-5 years

with Milly the Monkey

## DESCRIPTION

Catching is a receptive, manipulative skill that involves receiving an object and relies on the eyes to track the object into the hands.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for catching
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of catching
- Start with the 'Who can catch like Milly the Monkey?' activity and if a child is having difficulty catching try breaking the skill into simpler actions
- Don't forget to warm up and cool down
- Try to identify the reason/s as to why a child is having difficulty, check they are watching the ball and their hands and fingers are spread wide
- Demonstrate the skill so everyone can see
- Work on single elements. Start by placing the ball in the child's hand, encourage them to watch the ball and not be scared, a large ball like a beach ball is best
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Prepare to catch 'Hands ready, fingers wide'
- 2 Keep your eye on the ball
- 3 Catch the ball with your hands, not your forearm or chest





# CATCHING

with Milly the Monkey

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

**Try this warm up - over and under ball:**

Have children line up behind each other. Pass a ball down the line, first by reaching overhead, then through the child's legs. You can alternate over, under or for a simple activity use all over or all under passes.

## WHO CAN CATCH LIKE MILLY THE MONKEY?

### Activity

Who can catch the ball?



With one hand



High



Fast



With two hands



Low



Slow

Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"

## CATCHING BALLS

### Equipment



A wide variety of balls – small, large, oval, foam balls and sea urchin balls



'Catching' Fundamental Movement Skill lanyard

### Game Set Up



Children spread out in a line or circle





# CATCHING

with Milly the Monkey


for pre-schoolers 3-5 years

## BALLOON CATCHING

### Equipment

-  Balloons, 1 per child
-  'Catching' Fundamental Movement Skill lanyard


### Game Set Up

-  Children spread out in a defined space

### Activity

Ask the children to throw the balloons above their head and catch them

Ask children to bounce the balloons and then catch them





-  Throw a balloon to each child, encouraging the children to catch the balloon and throw it back

Sing a 'name' rhyme whilst playing catching games with the children. This will help to prepare the child for catching, e.g.


'Roo, Roo, Kangaroo  
'Roo, Roo, Kangaroo  
Can I sing your name to you?  
(Then chant the child's name that  
you are throwing the ball to)  
Your name is.....'



## BALLOON VOLLEYBALL


### Equipment

-  Balloons
-  Low cost netting or stretchy, pliable fabric
-  Medium-sized, lightweight balls
-  'Catching' Fundamental Movement Skill lanyard

### Activity

-  To start, children stand in pairs close to each other. One child throws the balloon over the net to their partner who catches and throws it back

-  Start with balloons and progress the children onto medium-sized bouncy balls
-  Demonstrate, positively support and guide children's catching

-  As they become more confident ask them to take a step back, some children may like to bat the balloon/ball back with their hands

### Game Set Up

In an appropriate space, make a 'net' by securing netting or stretchy pliable fabric from two secure and stable points at about a child's waist level.

Alternatively, you could make a line of tables to separate the two sides






# CATCHING

with Milly the Monkey

for pre-schoolers 3-5 years

## CATCHY ROUNDERS




### Equipment

-  Large and medium-sized lightweight bouncy balls
-  Chalk or masking tape
-  'Catching' Fundamental Movement Skill lanyard

### Game Set Up

In an appropriate space mark out a circle with chalk or masking tape big enough for the children to stand in a circle with the educator in the centre

### Activity

-  The educator bounces the ball to each child in the circle. The child catches and bounces the ball back to the educator
-  The children who are not catching clap on the bounce and reach high on the catch
-  Swap the large bouncy ball to a medium-sized ball. Throw the ball to each child in the circle. Sing the following song to the tune of 'Frere Jacques'

'I am catching, I am catching

Yes I am, Yes I am,

See me catch the ball, See me catch the ball

Clever I am, Clever I am!'

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Slow movements make great cool down activities, try: On-the-Spot Follow the Leader.**

Lead some slow, cool down movements like walking on the spot with your arms moving in a gentle motion. Touch your shoulders with your hands and then reach high into the sky. Skip slowly on the spot and then sway gently from side to side. Repeat.





# STATIONARY DRIBBLING

for pre-schoolers 3-5 years

with Kenny the Kangaroo

## DESCRIPTION

This is a manipulative skill that can be hard to master. It involves applying a pushing force to an object and immediately receiving it again.

## POINTS TO REMEMBER

- Before starting the games, take a few moments to go over the key teaching cues for stationary dribbling
- Start with the 'Who can dribble like Kenny the Kangaroo?' activity. It's a good idea to practice dribbling with a lightweight ball that bounces easily
- If a child is having difficulty stationary dribbling, try breaking up the action into simpler parts. Work on single components such as bounce to waist height, only using fingertips to control the ball or keep feet still
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of stationary dribbling
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Get ready with feet shoulder width apart and eyes on the ball
- 2 Use soft fingers to push down the ball with fingertips at about waist level
- 3 Make sure the ball hits the floor in front or to the side
- 4 Push the ball down again when it bounces to about waist level
- 5 Try to do four or more bounces without having to move your feet to retrieve the ball



# STATIONARY DRIBBLING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Twinkle twinkle little star.










## WHO CAN DRIBBLE LIKE KENNY THE KANGAROO?

### Game Set up

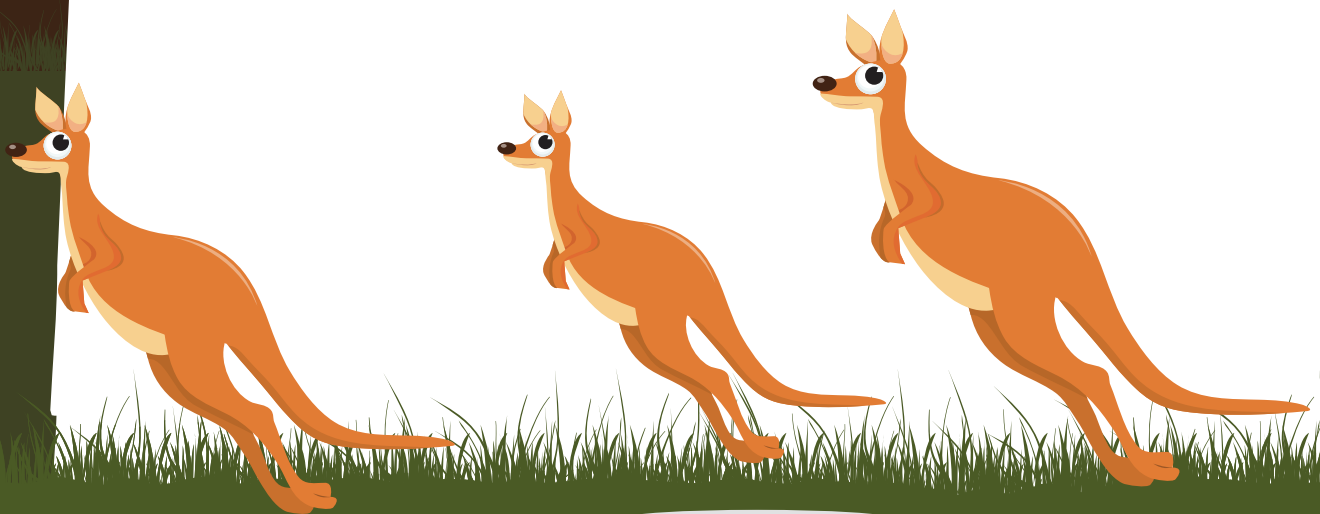
Children spread out in a defined area

### Activity

Who can dribble?

- |   |   |   |
|---|---|---|
|  In front      |  To the side         |  To the other side |
|  With one hand |  With the other hand |  With both hands   |
|  Fast          |  Slow                |  While walking     |

Kenny says "Don't forget to use the FMS lanyard to help you detect & correct!"



# STATIONARY DRIBBLING

with Kenny the Kangaroo

for pre-schoolers 3-5 years

## BOUNCING BALLS

### Equipment

- 🐾 Large bouncy ball or balloon for each child
- 🐾 Munch and Move music CD (play 'Bounce the Ball' - track 14)

### Activity

- 🐾 Ask the children to throw the ball up in the air, not too high, and catch it. Repeat this several times. Remember the cue "Hands ready, fingers stretched wide"
- 🐾 Ask the children to throw the ball up in the air and let the ball bounce once and then catch it. Repeat this several times
- 🐾 Ask the children to hold the ball at waist height, push the ball down (say "soft fingers") and catch it as it bounces back
- 🐾 Ask the children to bounce the ball on the ground twice or more and then catch it. Emphasise to use "soft fingers and push down on the ball with fingertips" when bouncing the ball

## CAT AND MOUSE

### Equipment

- 🐾 Enough large bouncy balls for ½ the children
- 🐾 Whistle

### Activity

Children find a partner, one child is the 'mouse' and the other is the 'cat'. Line up all the children facing their partners with about 3 metres in between. All the mice bounce a ball, while the cats crawl to their mouse. When the cat reaches the mouse the children swap place. Challenge the children by asking who can get the most bounces before their cat reaches them.



# STATIONARY DRIBBLING

with Kenny the Kangaroo


for pre-schoolers 3-5 years


## BASKETBALL

### Equipment

-  Large bouncy balls
-  Hoop or large trash can or bucket

### Activity

-  Use masking tape to draw a line a metre or two from the hoop or bucket. Ask children to stand in a line behind the tape and take turns to bounce a ball. After the child makes 2 or more bounces, ask to shoot the ball toward the hoop/bucket. Adjust the distance between the line and the bucket/hoop according to the skill level of the children.

-  Concentrate on having fun – not making it a contest! While the child bounces and throws the ball, others can sing:

*Bounce the ball, bounce the ball,  
Bounce it on the ground.*

*Bounce it low, bounce it high,  
And throw it to the bin*

*Bounce the ball, bounce the ball,  
Bounce it on the ground.*

*Bounce it here, bounce it there,  
And throw it to the bin.*

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: to the tune of "If you're happy and you know it" – If you're wearing red today – follow me, if you're wearing green today – follow me..."**

Start singing and instruct children to line up behind you as you call out their colour, continue the song until everyone is lined up.



# STRIKING

for pre-schoolers 3-5 years

with Milly the Monkey

## DESCRIPTION

Striking is a manipulative skill which involves hand-eye and whole body coordination to strike a ball or object.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for striking
- Start with the 'Who can strike like Milly the Monkey?' activity
- If a child is having difficulties striking try breaking up the action into simpler parts. Count 'one and two', where 'one' is the backswing, 'and' is making contact with the ball and 'two' is the swing through
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of striking
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Stand side on to the ball
- 2 Bring the bat back, away from the ball
- 3 Watch the ball with both eyes
- 4 Swing forward, through the ball and all the way to your other shoulder
- 5 Make sure you twist your hips!





# STRIKING

with Milly the Monkey

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY




A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:



'Shake, Balance, Twist & Run' off the Munch & Move CD

## WHO CAN STRIKE LIKE MILLY THE MONKEY?

### Equipment







-  Balloons
-  String
-  A rolled up newspaper or cardboard tube

### Game Set Up

-  Hang a line of string across the room or outdoor space, above the height of the children
-  Blow up balloons and hang each one along the string so they dangle at waist height

### Activity

Who can strike the ball?

- |  |  |
|--|--|
|  Slow                 |  Fast       |
|  With their bare hand |  With a bat |
|  Loudly               |  Softly     |

Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"







# STRIKING

with Milly the Monkey



for pre-schoolers 3-5 years

## BATS AND BALLS


### Equipment

-  Old stockings (cut into individual legs)
-  Newspaper
-  Masking tape
-  Tennis ball or soft ball

### Game Set up




-  Roll the newspaper into a bat and secure with masking tape
-  Place a tennis ball in the end of a stocking leg and hang from a tree branch, string or hook

### Activity



-  Using their bats children hit the ball. Play music while they practice and when the music stops ask the children to give someone else a turn. It is a good idea to have only small groups at a time for adequate supervision.

## BAT AND CATCH




### Equipment

-  Munch and Move lanyards
-  Tee ball set
-  Large soft ball

### Game Set up

-  Place the tee ball set facing a large open space
-  Have one child ready as the batter while other children spread out in the space to 'field'

### Activity

-  One child strikes the ball while other children chase the ball
-  The child who has retrieved the ball can then line up to have a turn at striking
-  Incorporate other skills by encouraging children to catch the ball or underarm roll it back to the tee.





# STRIKING

with Milly the Monkey

for pre-schoolers 3-5 years

## KAI (TRADITIONAL INDIGENOUS GAME)





### Equipment

-  A small beach ball or spongy ball (it can also be played with a balloon)
-  If playing with a large number of children, divide into smaller groups and provide each group with an educator and ball

### Game Set Up

Children stand in a circle within a defined space

### Activity

-  Children strike the ball with their palm
-  Initially practice with each individual child showing them how to throw the ball up and strike it in the direction of the next player
-  Children catch the ball as it comes to them and then strike it on to the next player
-  This game can also be played where the ball is hit up into the air and children take turns hitting it upwards with the palm of their hands

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: 'Twinkle, twinkle little star'** and encourage children to stretch their twinkling fingers all the way up to the sky then lean to the left and stretch their side, repeat leaning to the right.



# KICKING

with Holly the Horse

for pre-schoolers 3-5 years

## DESCRIPTION

Kicking is a manipulative skill that involves applying a pushing force with the foot to an object to move it forward. Kicking requires good balance and coordination.

## POINTS TO REMEMBER

- U Before starting the games, take a few moments to go over the key teaching cues for kicking
- U Start with the 'Who can kick like Holly the Horse?' activity and when practicing leap or take a long step just before ball contact
- U If a child is having difficulty kicking try breaking up the action into simpler parts. Work on single components such as kicking with the shoelace area of the foot
- U In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of kicking
- U Don't forget to warm up and cool down
- U Demonstrate the skill so that everyone can see
- U Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Stand behind the ball ready to kick
- 2 Keep eyes on the ball
- 3 Take a step forward to place your foot next to the ball and swing the other leg behind you ready to kick
- 4 Kick the ball with your shoe laces or toe
- 5 After you kick swing your leg forwards



# KICKING

with Holly the Horse

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

Can you point your finger and do the twist?

## WHO CAN KICK LIKE HOLLY THE HORSE?

### Game Set up

Children spread out in a defined area

### Who can kick?

U High

U Low

U Fast

U Slow

U Loudly

U Softly

U In a line

U While walking

U While running

Holly says "Don't forget to use the FMS lanyard to help you detect & correct!"

## KICK IT OVER THE LINE

### Equipment

Skipping rope, masking tape or chalk, marker cone

### Game Set up

Place rope, masking tape or chalk in a line on the ground, a few metres away place the marker cone

### Activity

U Have children line up next to the marker cone facing the line. From this distance, ask children to kick the ball and count how many kicks it takes to get the ball over the line

U Once each child has kicked their ball they run to the line to collect their ball and carry it back to the starting marker to repeat

U To challenge the children increase the distance from the line, make the line shorter so that each kick requires aim and set up multiple lines to be crossed around the play area





# KICKING

with Holly the Horse

for pre-schoolers 3-5 years

## KICKING TARGETS

### Equipment

- U Large soft ball
- U Marker cone or line on the ground
- U Milk or water bottles, half filled with water or sand

### Game Set Up

Arrange the milk/water bottles like bowling pins a few metres from the marker or line

### Activity

- U Have children line up behind the marker or line. From this point children can kick the ball to attempt knocking over the milk/water bottles
- U Allow each child 2-3 kicks to knock over the bottles
- U To challenge the children try increasing the distance from the marker to the bottles, change the configuration that the bottles are in e.g. try straight lines, circles, squares and change the size of ball used for kicking – smaller balls will be more difficult



# KICKING

with Holly the Horse

for pre-schoolers 3-5 years

## TUNNEL BALL

### Equipment

Soft soccer ball for each group

### Activity

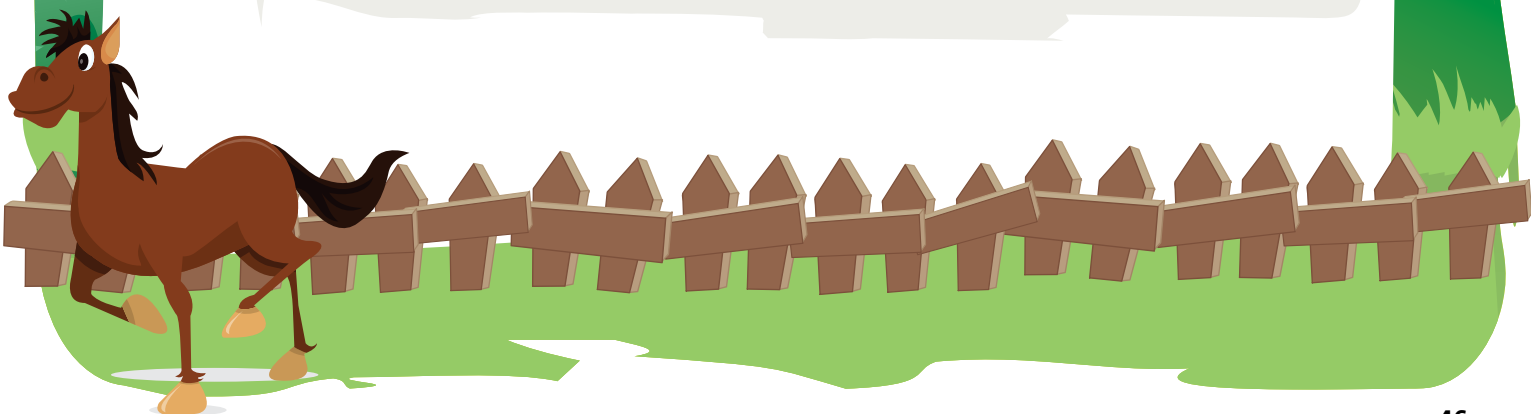
- U Organise children into groups of three and have them stand in lines with the two end children facing each other and the middle child standing with their legs apart to form a tunnel
- U The two children on the ends aim to kick the ball through the tunnel and if they miss then all three children do an activity e.g. 3 star jumps
- U Rotate the children so everyone has a turn at kicking and being the tunnel
- U To challenge the children make the tunnel longer by using groups of 4 or 5. When children have developed their kicking technique try a long tunnel using everyone in the room!

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try:**  
**Tree Swaying.**

Ask the children to pretend to be trees and sway their branches as you sing "Some trees stand tall and point to the sky, some droop low and so do I, the gum tree spreads his branches wide, and gently sways from side to side."



# UNDERARM THROW







for pre-schoolers 3-5 years

with Milly the Monkey

## DESCRIPTION





Underarm throw is a manipulative skill that involves applying a pushing force to an object to propel it.

## POINTS TO REMEMBER

-  Before starting the games take a few moments to go over the key teaching cues for underarm throw
-  Demonstrate the skill so that everyone can see
-  Start with 'Who can underarm throw like Milly the Monkey?' and if a child is having difficulty underarm throwing, try breaking up the skill into simpler actions
-  Don't forget warm up and cool down
-  Try to identify the reason/s as to why the child is having difficulty, place a marker on the floor to show where the child should step and give cues "Step, swing, and throw"
-  Positive feedback is the key – have fun detecting and correcting!



## TEACHING CUES

-  Hold the ball in your fingers with your eyes on the target
-  Swing your throwing arm back behind you keeping it straight
-  Step forward on the opposite foot to the throwing arm
-  Toss the ball forward



# UNDERARM THROW

with Milly the Monkey

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

Action songs make great warm-up activities, try:

The Wheels on the Bus.

## WHO CAN UNDERARM THROW LIKE MILLY THE MONKEY?

### Game Set up

Children spread out in a defined space, each child has a ball.

### Who can underarm throw?



Fast



Slow



Quietly



In a straight line



The furthest



Loudly

Milly says "Don't forget to use the FMS lanyard to help you detect and correct!"

## SKITTLES

### Equipment



Large – medium sized balls



Hoops or rope in circles



Skittles or water/milk bottles half filled with sand or water

### Game Set up



Place a marker (hoop or rope circle) on the ground and place skittles inside



Arrange children (using a marker or tape) around the circle equal distances from the skittles



For large numbers of children separate into smaller groups of no more than five children

### Activity



Give each child a ball



Children then take turns throwing the ball at the skittles to knock them over. When all the children have had a go they retrieve the ball and continue to take turns until all the skittles are knocked down.









# UNDERARM THROW

with Milly the Monkey



for pre-schoolers 3-5 years

## ROLLING OBSTACLE COURSE





### Equipment

-  Variety of small balls
-  Paints to decorate tunnels
-  Balance beams
-  Cardboard boxes
-  Markers to create a goal post
-  Any other obstacle course equipment

### Game Set Up

-  Set up a 'rolling obstacle course'
-  Create various challenges such as:
  - A cardboard box tunnel to throw the ball through
  - A balance beam to roll the ball along the top
  - A goal to throw the ball through
  - A hoop to throw the ball into
  - A slide or ladder to roll the ball down
  - Get creative! How else could the ball be rolled?

### Activity

-  Walk through the course demonstrating how to roll the ball along each obstacle course
-  Encourage children to move through the obstacle course underarm throwing across all stations
-  Play music to make the activity more fun
-  To challenge children try introducing different sized balls, a small ball will be easier to control on the swing back and will roll easier in a forward or straight direction.






# UNDERARM THROW

with Milly the Monkey


for pre-schoolers 3-5 years

## STUCK IN THE MUD


### Equipment

 Two small balls


### Game Set Up

 Choose a safe area in which children can move freely

 Elect one child to be the chaser

 Elect two children to be rescuers, give each a soft ball

### Activity

 All of the children run, when caught by the chaser the child stands feet apart and can only return to the game when one of the rescuers has thrown the ball between their legs.

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities, try: My body is a balloon.** Ask children to lie on the floor with their eyes closed. Explain you want them to imagine their body is a balloon; take a deep breath in and try and fill our balloon with lots of air, now softly let it out. This time, take a deep breath in and try and fill the balloon in your tummy and softly let it out. Encourage children to breathe air into the balloon in other parts of their body like their toes, shoulders or head. Finish with one big exhalation where they let all the air out and open their eyes.



# OVERARM THROW

with Franky the Frog

for pre-schoolers 3-5 years

## DESCRIPTION

Overarm throw is a manipulative skill which involves a full body movement to create speed and distance.

## POINTS TO REMEMBER

- Before starting the games take a few moments to go over the key teaching cues for overarm throw
- Start with the 'Who can overarm throw like Franky the Frog?' activity
- If a child is having difficulty with the overarm throw try breaking up the action into simpler parts
- In active play gather a small group of children at a time – first demonstrate the skill and then explicitly teach each component of the overarm throw
- Don't forget to warm up and cool down
- Demonstrate the skill so that everyone can see
- Positive feedback is the key – have fun detecting and correcting!

## TEACHING CUES

- 1 Stand side on
- 2 Make a smiley face (swing arm back to make a circle with your hand stopping close to your ear)
- 3 Step over the creek (step forward with the non-throwing side)
- 4 Point (at your target)



# OVERARM THROW

with Franky the Frog

for pre-schoolers 3-5 years

## WARM-UP ACTIVITY

A warm-up activity helps children get their muscles and brain ready for moving and sets up good habits for future participation in sport.

*Playing with scarves is a great warm up activity.*

Encourage children to try swinging their arm around to retrieve the scarf from their pocket, this helps prepare them for the 'follow through' action of the overarm throw. It also warms up their hips and shoulders ready for the movement.

## WHO CAN OVERARM THROW LIKE FRANKY THE FROG?

### Equipment

- Soft balls, bean bags, scrunched up paper and rolled up socks

### Game Set Up

- Children spread out along a line so they are all throwing in the same direction

### Activity

Who can overarm throw the object/ball?

- |  |                                  |   |
|--|----------------------------------|---|
| <input type="checkbox"/> Furthest                | <input type="checkbox"/> Highest | <input type="checkbox"/> At a target            |
| <input type="checkbox"/> With their opposite arm | <input type="checkbox"/> Lowest  | <input type="checkbox"/> With their eyes closed |

Franky says "Don't forget to use the FMS lanyard to help you detect and correct!"



# OVERARM THROW

with Franky the Frog

for pre-schoolers 3-5 years

## OVERARM GOLF

### Equipment

- Buckets or hula hoops to represent the hole
- Balls (could also be scrunched up paper, rolled up socks, bean bags)

### Game Set Up

- Set up the course by placing buckets/hoops in various places throughout the yard
- Give all children a ball

### Activity

- Children are aiming to complete each hole by throwing the ball into the bucket or hoop
- Like in golf they tee off from a designated starting point and move to where their ball landed
- Children continue overarm throwing from where the ball lands until their final throw lands in the bucket
- Repeat over the whole course



## SNOWMEN AND SNOWBALLS

### Equipment

- Balls (could be: scrunched up paper, rolled up socks, bean bags)
- Snowmen (could be: printed A3 pictures, chalk drawn on the fence or drawing on butcher's paper)

### Game Set Up

- Children spread out facing the snowmen, you may like to use a rope or masking tape line to indicate where they stand. They have a bucket or pile of 'snowballs' at their feet

### Activity

- Children use overarm throw to throw their snowballs at the snowmen
- Remember to use the Munch & Move lanyard and look for children standing side on, pointing at the target and following through
- Challenge children to aim for different parts of the snowman e.g. his hat, his nose or his belly



# OVERARM THROW

with Franky the Frog

for pre-schoolers 3-5 years

## GORRI (TRADITIONAL INDIGENOUS GAME)

### Equipment

- Masking tape, rope, markers or chalk
- 1 large ball (beach ball)
- Several small balls (tennis balls or bean bags)

### Game Set Up

- Create a line (using tape, rope, markers or chalk)

### Activity

- One child is in and stands to the side with the large ball
- All other children line up along the line
- The child with the large ball rolls the ball in front of the line (at least a metre away) to represent a wombat or animal running past
- Other children overarm throw their balls forward trying to 'spear' the wombat
- This is a Traditional Indigenous Game and is still played in the Kimberley and Northern Territory, an alternative to 'spearing' is to role play children throwing food to feed the animal
- To challenge the children change the animal to a kangaroo and instead of rolling the large ball, bounce it, so the kangaroo hops past them. You could also try having two animals come past at once, rolling a beach ball and bouncing another

## COOL DOWN ACTIVITY

A cool down activity helps children relax their muscles and allows some time to settle before they transition to the next part of their day.

**Transition songs or stories make great cool down activities; try:**  
**I'm a little teapot.**







