

[CoachSG Home-Based Learning \(HBL\) Videos Directory](#)

S/N	Sport / Discipline	What is this about?
1	Fundamental Movement Skills (FMS)	<p>The ABCs of Physical Literacy are really the FUNdamental Movement Skills (FMS). They are the building blocks of more complex and specialised movement skills that we see performed in sports. CoachSG has partnered with Activesg NurtureKids Team to develop the FMS Word Up Challenge.</p> <p>Coaches, Parents and Teachers can use this resource to engage their kids in creating words and sequence of skills. Make them FUN and add music to the movements so that our kids are excited, engaged and enjoy the activity whilst improving their physical literacy.</p>
2	Athletics	This resource focusses on basic movements that can improve and quicken movements in their game. This series of exercises promises to improve speed, agility and quickness.
3	Badminton	Improve your badminton skills with this series of racket, movement and agility exercises.
4	Basketball	You will learn about ball handling along with drills to improve your dribbling, pivoting and catching skills.
5	Canoeing	This series of exercise can be performed on land and develop strong core strength so that you can have better balance and strength in all paddling sports.
6	Floorball Level 1	This series of exercises focuses on mastering the basic elements of the games such as passing, ball control and stick work.
7	Floorball Level 2	This series of more challenging exercises provides you with drills to attain higher competencies in passing, ball control and stick work.
8	Floorball – Goalkeeper	Basics are the most important tool to become a successful goalie. This set of exercises improves the goalkeeping skills and positioning on the court.

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9	Football	This series of football exercises was created to allow budding footballers to practice their ball control, dribbling and trapping skills.
10	Gymnastics	This series of skills include tumbling, stretching and flexibility exercises. Only attempt the challenging skills if you are trained and under the supervision of your coach or parents.
11	Hockey	Slick stick handling work and good ball control are essentials to hockey. This series of exercises promises improvement to your game.
12	Netball	Find out more about Netball's ball handling skills, speed and agility in this series of exercise that help improve your game.
13	Rope Skipping	Skip your way to better health and fitness by having a go at the Rope Skipping Word Up Challenge! Be inspired to try and master the different rope skipping skills.
14	Rugby	How do you catch or throw a ball that is not round? This series of exercises develop one's throwing and catching abilities in the game of rugby or any other sport that involves ball-handling.
15	Strength & Conditioning	Success in sport stems from a strong foundation. Learn from a team of Strength and Conditioning experts from Singapore Sport Institute (SSI) to develop a good strength and conditioning foundation for yourself.
16	Taijiquan	This classic 24-style Taijiquan is great not just for seniors but everyone too! Challenge yourself to perform the moves individually or string them all together to perform the full classic sequence that Wong Fei Hong, Ip Man, Bruce Lee and Mulan would be proud of!

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17	Tchoukball	Did you know how Tchoukball was developed? In the 1970s, Swiss biologist Dr Hermann Brandt was concerned about the number of injuries in sport at the time and as part of an educational study created a sport that reduced injuries, was not aggressive between players and enabled people of all shapes, sizes, genders, cultures, and backgrounds to play together. We now know this sport as Tchoukball.
18	Tennis	This series of skills and movement exercises is set to improve your racket swing techniques and movement on court.
19	Wushu	Learn the punch, kick, jump and spin in this showcase of 26 different slick wushu moves.