



FUN START, MOVE SMART! FMS INTRODUCTORY WORKSHOP

13 APR & 18 MAY 2017

10% off
for NROC
coaches!

The FUN Start MOVE Smart! Fundamental Movement Skills (FMS) Introductory Training Workshop is targeted at early childhood educators to introduce and enhance the teaching of fundamental movement skills to children aged 2 to 10 years old. We hope to help Singapore children achieve physical literacy and prepare them for an active and enriching lifestyle in adulthood.

Fundamental movement skills form the building blocks that underpin daily living activities. These skills refer to movements such as walking, running, leaping, balancing, throwing, catching and much more.

The 1.5 day workshop focuses on exploring the fundamental movement skills of locomotion, object control and stability in a fun and creative manner. Educators will get to explore and participate in insightful motor skills activities especially designed in progressive stages for young children. Educators will also be shown how the activities can be integrated with lessons in other developmental domains.

Course Outline:

- ✓ Learn creative ideas on using inexpensive equipment or readily available recycled materials from our daily environment to conduct FMS activities
- ✓ Tips and ideas to tackle common challenges faced by educators in teaching fundamental movement skills to young children

Awards & Certification

Participants must complete both sessions of the workshop and submit a FMS assignment on Day 2 of the workshop to be awarded with the Certificate of Participation by Sport SG.

Who should attend?

Early Childhood Educators,
Sport Coaches, Parents &
Individuals involved in
children physical
development

Date:

13 Apr (0830-1730hr) &
18 May (0830-1230hr)
Closing date: 1 April 2017

Fees: \$250

(Incl. Workshop materials)

Venue:

Nanyang Girl's Boarding
School
21 Linden Drive S288735

For more info & registration:

<https://goo.gl/4ZZGsZ>

WORKSHOP MANAGED BY:



For more information, contact us
at hello@freeplay.sg or call

+65 96910204