

# PDST Move Well Move Often - FMS and activity links

## Action for Life

Physical literacy through PE and SPHE

## Middle book

SECOND  
CLASS

THIRD  
CLASS

FOURTH  
CLASS

- ✓ Focus on teaching **one** FMS in a lesson and introduce no more than **two teaching points** in a lesson.
- ✓ Other FMS can be incorporated within a lesson, but the teaching focus should be on a single FMS.
- ✓ Information and resources for specific FMS can be found on [scoilnet.ie/pdst/physlit/](https://scoilnet.ie/pdst/physlit/), or by clicking on the links below.

You might like to substitute or add the following activities from *Move Well Move Often* (Book 2):



- [Videos](#) for the FMS of jumping.
- Jumping [information](#).
- Jumping [assessments](#) (teacher, self or peer).

### LESSON 1

Shark Infested Waters ([Book 2, p. 73](#))  
Cross the Pond ([Book 2, p. 75](#))  
Where's North? ([Book 2, p. 76](#))

- [Videos](#) for the FMS of hopping.
- Hopping [information](#).
- Hopping [assessments](#) (teacher, self or peer).

### LESSON 2

Hop Hoops and Count ([Book 2, p. 38](#))  
Hopscotch ([Book 2, p. 39](#))  
The Hop Hoop ([Book 2, p. 42](#))

[Running](#), [walking](#) or [other locomotor skills](#) can be incorporated within the activities in Lesson 3. Choose your FMS focus to align with your school plan.

### LESSON 3

Fruit Basket ([Book 2, p. 25](#))  
The Queen's Jewels ([Book 2, p. 27](#))  
Gathering Beanbags ([Book 2, p. 45](#))

[Walking](#) is the main FMS focus for Lesson 4.

### LESSON 4

Speed Up/Slow Down ([Book 2, p. 14](#))  
I Spy ([Book 2, p. 16](#))  
Switch, Change, Rotate ([Book 2, p. 17](#))

[Jumping](#), [running](#) or any other [locomotor skill](#) could be the main FMS focus for Lesson 5.

### LESSON 5

Corner Relay ([Book 2, p. 26](#))  
Musical Statues ([Book 2, p. 114](#))  
Flip Flop ([Book 2, p. 120](#))

[Running](#) or [balancing](#) could be the main FMS focus for Lesson 6.

Also see [PDST Primary Gymnastics page](#) for videos and more information on the [pencil roll](#).

### LESSON 6

Mirror Mirror ([Book 2, p. 115](#))  
Beanbag Balance ([Book 2, p. 116](#))  
Stuck on You ([Book 2, p. 118](#))

[Walking](#) or [balancing](#) could be the main FMS focus for Lesson 7.

### LESSON 7

Speed Up/Slow Down ([Book 2, p. 14](#))  
Coordinated Skipping ([Book 2, p. 54](#))  
Skipping Fitness Challenge ([Book 2, p. 59](#))

[Running](#) or [walking](#) could be the main FMS focus for Lesson 8.

### LESSON 8

Musical Statues ([Book 2, p. 114](#))  
Memory Mats ([Book 2, p. 134](#))  
Jumping Sequences ([Book 2, p. 135](#))