

PDST Move Well Move Often - FMS and activity links

Action for Life

Physical literacy through PE and SPHE

Senior book



- ✓ 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/, or by clicking on the links below.

Main strand unit for Lessons 1 is jumping.

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

Main strand units for Lesson 2 are jumping and running.

[Balancing](#) could be explored through the Warm Up activity. Other [locomotor skills](#) could also be incorporated within the lesson

[Side stepping](#) or [jumping](#) could be the main FMS focus of this lesson through the warm up. [Other locomotor skills](#) can be incorporated throughout the lesson.

[Walking](#) is the main FMS in this lesson.

[Other locomotor skills](#) can be incorporated throughout the lesson.

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

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

[Balancing](#) could be the main FMS focus for this lesson.

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

[Balancing](#) could be the main FMS focus for this lesson.

You might like to substitute or add the following activities from *Move Well Move Often* (Book 3):



LESSON 1

Clockwise – Anti Clockwise ([Book 3, p. 95](#))
Card Suits ([Book 3, p. 65](#))
Human Ladders ([Book 3, p. 68](#))

LESSON 2

High Jump Low Jump ([Book 3, p. 67](#))
High Tide ([Book 3, p. 64](#))
Stamina Run ([Book 3, p. 19](#))

LESSON 3

Suit Shuffle ([Book 3, p. 17](#))
Land Around the Compass ([Book 3, p. 125](#))
High Tide ([Book 3, p. 64](#))

LESSON 4

Find Someone Who ([Book 3, p. 45](#))
Shifting Gears ([Book 3, p. 15](#))
Group and Balance ([Book 3, p. 107](#))

LESSON 5

Stamina Run ([Book 3, p. 19](#))
Beanbag Slide ([Book 3, p. 108](#))
Timber Tag ([Book 3, p. 110](#))

LESSON 6

Crab Race ([Book 3, p. 106](#))
Crab and Bear ([Book 3, p. 111](#))
Step and Sync ([Book 3, p. 97](#))

LESSON 7

Timber Tag ([Book 3, p. 110](#))
Group and Balance ([Book 3, p. 107](#))
Landing Circuit ([Book 3, p. 120](#))

LESSON 8

Shape Detective ([Book 3, p. 104](#))
Circle Pass Challenge ([Book 3, p. 105](#))