

# PDST Move Well Move Often - FMS and activity links

## Action for Life

Physical literacy through PE and SPHE

## Junior 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/](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 1):



### Main strand unit and FMS focus for Lessons 1 and 2 is jumping

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

#### Alternatively...

- [Walking](#), [side stepping](#) or [other locomotor skills](#) could be incorporated within the activities in either of these lessons.
- Jumping could be replaced with [hopping](#) in Lesson 2.

LESSON  
1

Island Jumping ([Book 1, p. 73](#))  
Jumping Spots ([Book 1, p. 74](#))

LESSON  
2

Discover Jump ([Book 1, p. 72](#))  
Lion Safari, ([Book 1, p. 76](#))

### Running, walking or any other locomotor skill can be chosen as the FMS focus for Lessons 3, 4 or 5.

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

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

#### Alternatively...

[Other locomotor skills](#) could be chosen as the focus of these lessons.

LESSON  
3

The Remote Control ([Book 1, p. 12](#))  
Train Station ([Book 1, p. 15](#))

LESSON  
4

Rollercoaster Madness ([Book 1, p. 16](#))

LESSON  
5

Spot Balance ([Book 1, p. 115](#))  
Mirror Tag ([Book 1, p. 117](#))

### Running or balance could be chosen as the main FMS focus of Lessons 6, 7 or 8.

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

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

LESSON  
6

Copy Me Balancing ([Book 1, p. 116](#))  
Follow the Leader ([Book 1, p. 118](#))  
Walk the Line ([Book 1, p. 114](#))

LESSON  
7

Safari Adventure ([Book 1, p. 13](#))  
Body Balance ([Book 1, p. 121](#))

LESSON  
8

Copy Me Balancing ([Book 1, p. 116](#))  
Mirror Tag ([Book 1, p. 117](#))