

# PDST Move Well Move Often - FMS and activity links

## Action for Life

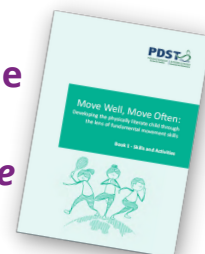
Physical literacy through PE and SPHE

## 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/](http://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.



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



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.



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



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



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).



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



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



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

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## 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](http://scoilnet.ie/pdst/physlit), or by clicking on the links below.

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

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

[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.

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

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

[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](#).

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

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

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



LESSON 1

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

LESSON 2

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

LESSON 3

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

LESSON 4

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

LESSON 5

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

LESSON 6

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

LESSON 7

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

LESSON 8

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

# PDST Move Well Move Often - FMS and activity links

## Action for Life

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## 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](http://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.

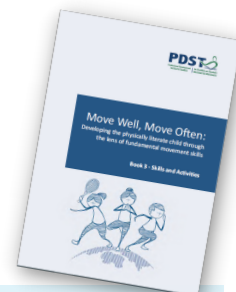
[Running](#) or [balancing](#) could be the main FMS focus for this lesson. Also see [PDST Primary Gymnastics page](#) for videos and more information on the [tucked roll](#).

[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](#))