



## **For The Teacher**

### **Middle Primary Years 3 & 4**

#### **Week 4**

**Title**            **Mastering Skills**

**Theme**          **Motor Skills**

#### ***Overview***

Fundamental Motor Skills are the building blocks of sports and physical activity.

Students will be devising activities that develop basic Fundamental Motor Skills. They will then use the activities as stations for a tabloid sports carnival.

#### ***Time Required***

90 minutes

#### ***Preparation***

You will need at least 11 sheets of large paper to record the different Fundamental Motor Skills which your students will identify in a brainstorm session. If, after a certain period of time they haven't suggested all skills, you will need to help direct the discussion.

As a tuning in activity, either cut out photos illustrating various skills in sports from newspapers, magazines and sporting records, or video-record five minutes of any televised sports event. From this create a list of different movement skills used in sports, with your students. Record each one on an individual sheet of paper.

Spend a couple of minutes making links between the skills and different sports. For example, catching is a skill used in AFL, netball and other ball sports. A forehand strike is used in tennis, table tennis, softball, baseball, etc.

Distribute the papers amongst the class so that the students are working in pairs or small groups on a different skill.

A tabloid sports carnival is where groups move around a series of stations performing specified activities for a set period of time.

The students will require equipment such as bats, balls, cones, hoops, beanbags, etc. for their activities. If you do not have such equipment improvise with balloons, use palm of hand instead of a bat or use scrunched up newspaper bound with sticky tape as a ball.

Conduct the carnival in groups of two or three, spending two minutes at each station. Continue until each group has completed all stations. Ensure that each station is positioned well away from each other and that all chosen activities and equipment are safe.





### ***Background information and possible discussion points***

The Fundamental Motor Skills (FMS) are:

- catch
- kick
- run
- vertical jump
- overhand throw
- ball bounce
- leap
- dodge
- punt
- forehand strike
- two handed side strike

(Source: Fundamental Motor Skills Activities Resources produced by ACHPER)

Some states or territories will have a few variations on the above to include, such as hopping, skipping or side galloping.

Mastery of the Fundamental Motor Skills will vary according to individual abilities and experiences.

After the tabloid sports is set up and before each station is demonstrated you may like to play a warm up game of DVD Remote.

DVD Remote

Students respond to the teacher's commands (based on the buttons of a DVD remote control) Have students spaced out on a large, flat surface.

Examples can include:

- Play – walk around
- Fast Forward – run in a forward motion
- Rewind – run/walk backwards
- Pause – freeze
- Eject – jump out into a star jump
- Slow frame – walk in a slow exaggerated way
- Chapter search – skip sideways