

ACTIVITY 1: Getting started

Purpose:

This activity explores ways of using lesson time effectively by incorporating the teaching of fundamental movement skills into all components of the lesson.

What's needed:

- the video, *Get skilled: Get active—Teach me how*. Preset the video to Snapshot 1.

Steps:

1. Refer to the video, *Get skilled: Get active—Teach me how*, and watch Snapshot 1, the Kindergarten/Year 1 lesson which focuses on the static balance and skip.
2. In small groups, discuss:
 - the purpose of this lesson
 - the planning needed for the lesson (i.e. markings on the floor, equipment, music etc.)
 - the use of the warm-up to introduce component 5 of the skip (i.e. arms are relaxed and swing in opposition to legs).
3. Examine a unit of work focusing on fundamental movement skills. What types of strategies could you plan to use in this unit to teach the fundamental movement skill?