



### FMS Activity 1: Musical Statues (jumping, hopping, skipping)

- Children move around the grid to the music, performing a specific skill, i.e., jumping, hopping, skipping, etc.
- When the music stops, the children must freeze on the spot and make a statue until the music starts again.
- Let each child pick the movements that the other children should copy.
- Demonstrate the movements for the children.
- Make this activity non-competitive so that all children remain in the game.

#### Modifications:

- Use music with a slower beat.
- Ask children to perform the actions slowly.
- Combine the locomotor skills, i.e., jump then hop.
- Model different poses for the children to freeze to.

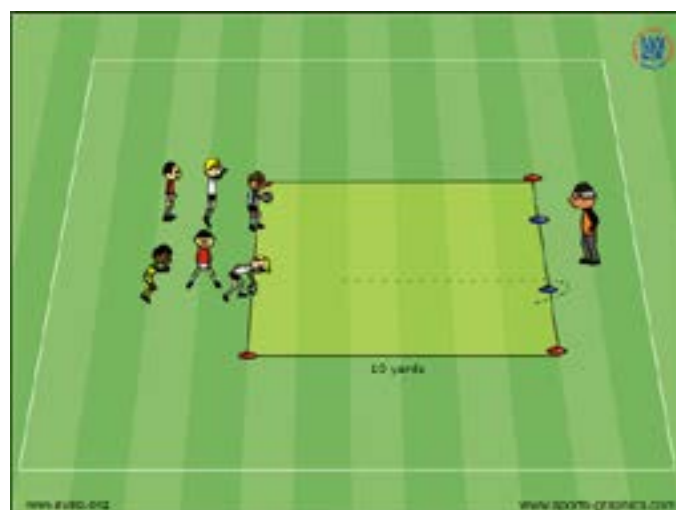


### FMS Activity 2: Twist & Shout Relay (bending, rotating, running)

- Organize children into 2-3 lines approx. 3 yards apart.
- First child in each line is at the starting line. Remaining children in their team are lined up behind.
- First child has a ball in their hands.
- First player stretches up, reaches back and passes the ball overhead to next in line.
- Second child bends down & passes ball through her legs to next in line.
- Next player receives the ball and twists to his left or right and passes the ball to the next child in line.
- This sequence continues until the last child receives the ball who then runs past his team to the finish line, turns and runs back to the head up the sequence again.
- Play music & have players either sing or cheer for their team mates.

#### Modifications:

- Last player can dribble the ball to the endline and back.
- Vary length of finish line.
- Remove the running.



### FMS Activity 3: Relay Toss (underarm throwing, kicking, running)

- First player runs out with bean bag, stops at the disc cone and underarm throws the bean bag into the hoop.
- Upon completion, he turns and runs back to tag his partner who then takes his turn.
- Count the bean bags in the hoops of the whole group.

#### Modifications:

- Vary distance of throws.
- Count the bean bags in the hoops per pair.
- Add time challenge.
- Play music.
- Parents stand up hoops for players to "kick" a soccer ball through.



# SESSION 4, ACTIVITY 1 - MUSICAL STATUES

FMS: Jumping, hopping and skipping

## EQUIPMENT ORGANIZATION

- Music (with different beats).
- Mark a grid 15 x 15 yards.



## HOW THE GAME IS PLAYED

- Have the children move around the grid to the music, performing a specific skill, i.e., jumping, hopping, skipping, etc.
- When the music stops, the children must freeze on the spot and make a statue until the music starts again.
- Let each child pick the movements that the other children should copy.
- Demonstrate the movements for the children.
- Make this activity non-competitive so that all children remain in the game.

## VARIATIONS PROGRESSIONS

- Use music with a slower beat.
- Ask children to perform the actions slowly.
- Combine the locomotor skills, i.e., jump then hop.
- Model different poses for the children to freeze to.

## FMS POINTS (jumping/landing)

- Head up, feet slightly apart.
- Bend hips, knees and ankles into crouch position pre-takeoff.
- Arms reach/swing behind the body and simultaneously swing upwards and forwards above the head.
- Legs extend & explode from crouch position pushing from toes.
- Arms and legs work together.
- Clear shape and control in the air.
- Ankles, knees and hips bend and arms lower on landing.
- When jumping for distance, arms propel forward more and landing arms reach forward for balance.

[aysou.video/fms2](http://aysou.video/fms2)

## FMS POINTS (hopping)

- Lift one leg, bent at the knee.
- Head up looking forward with head and trunk stable.
- Bend knee of supporting leg.
- Leg straightens to push off.
- Swing arms back, forward and upward.
- Arms continue to move upward as you jump.
- Push from toes to take off.
- Land softly, bending the knee.
- Take off and land on same foot.

[aysou.video/fms3](http://aysou.video/fms3)

## FMS POINTS (skipping)

- Step forward on to front foot and hop upwards.
- Opposite leg-lift knee sharply upward in front of body.
- Use arms for balance and to create upward movement.
- Non supporting leg pushed down to the floor and straighten.
- Land softly after each skip to avoid injury.

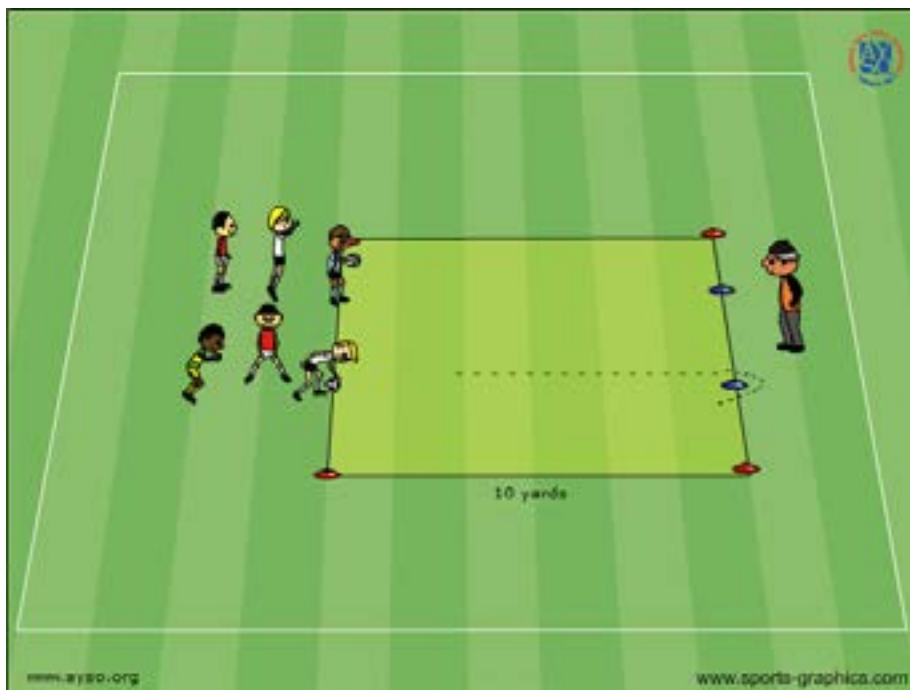
[aysou.video/fms4](http://aysou.video/fms4)

## SESSION 4, ACTIVITY 2 - TWIST AND SHOUT RELAY

FMS: Bending, rotating and running

### EQUIPMENT/ ORGANIZATION

- 2 cones to mark a starting line and 2 cones to mark finish line 7-10 yards apart.
- Balls.



### HOW THE GAME IS PLAYED

- Organize children into 2-3 lines approximately 3 yards apart.
- First child in each line is at the starting line. Remaining children in their team are lined up behind the first child.
- First child has a ball in their hands.
- First player stretches up, reaches back and passes the ball overhead to next in line.
- Second child bends down and passes the ball through his legs to next in line.
- Next player receives the ball and twists to her left or right and passes the ball to the next child in line.
- This sequence continues until the last child receives the ball who then runs past his team to the finish line, turns and runs back to the head up the sequence again.
- Play music and have players either sing or cheer for their team mates.

### VARIATIONS/ PROGRESSIONS

- Last player can dribble the ball to the endline and back.
- Vary length of finish line.
- Remove the running.

### FMS POINTS (bending)

- Keep feet on the ground throughout the whole movement. Do not lift your heels.
- Feet shoulder width apart.
- Bend forward at the hips and see the floor.

[aysou.video/fms9](https://www.aysou.org/video/fms9)

### FMS POINTS (trunk rotating)

- Start with feet slightly wider than shoulder width, knees slightly bent and body weight placed on heels.
- Starting from the center of chest, rotate upper torso until it is in line with hip.
- Rotate back to the starting position.
- Engage core throughout the entire range of motion.

[aysou.video/fms10](https://www.aysou.org/video/fms10)

## SESSION 4, ACTIVITY 3 - RELAY TOSS

FMS: Underarm throwing, kicking and running

### EQUIPMENT/ORGANIZATION

- Mark a start line with 2 tall cones. Mark an endline using 2 tall cones approximately 10 yards away.
- Approximately 2 yards from the endline, lay a disc cone for each pair.
- Along the endline place 3 hula hoops.
- Put players in pairs.
- Numerous bean bags per pair (plus soccer balls for variation).



### HOW THE GAME IS PLAYED

- First player runs out with bean bag, stops at the disc cone and underarm throws the bean bag into the hoop.
- Upon completion, he turns and runs back to tag his partner who then takes his turn.
- Count the bean bags in the hoops of the whole group.

### VARIATIONS/ PROGRESSIONS

- Vary distance of throws.
- Count the bean bags in the hoops per pair.
- Add time challenge.
- Play music.
- Parents stand up hoops for players to “kick” a soccer ball through.

### FMS POINTS (underarm throw)

- Legs shoulder width apart.
- Eyes forward.
- Grasp bean bag in finger tips, not resting on palm.
- Throwing arm pulled back behind shoulder with bean bag at eye level.
- Transfer weight onto back foot, step forward with opposite foot to throwing arm.
- Rotate body at hip, leg and shoulder toward throwing arm.
- Swing arm through as body faces target.
- As hand is in front of shoulder, release bean bag.
- Follow through in direction of target and step forward.

[aysou.video/fms15](http://aysou.video/fms15)

### FMS POINTS (kicking a ball)

- Position behind ball to the side.
- Head over ball.
- Step forward and plant non-kicking foot to side of ball.
- Kicking leg swings back and forward through to kick the ball.
- Use arms for balance.
- Make contact with middle of ball.
- Lean slightly back on contact.
- Leg follows through toward the target.

[aysou.video/fms14](http://aysou.video/fms14)