

### SHAPE MOVEMENTS

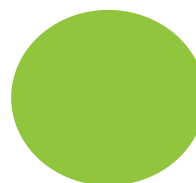
Fundamental movement skills

## Warm Up



### Shape Movements!!!

- Make a shape with cones/objects from home, cushions, rolled up paper etc.
- Make the shapes different sizes for difficulty
- Use different FMS to get around the shape – 1 point every successful travel.
- Watch Kieran and mirror/ copy his movements
- Just follow the instructions on the screen



### FREE THROW

Throwing Skills – Targets

## Main Activity

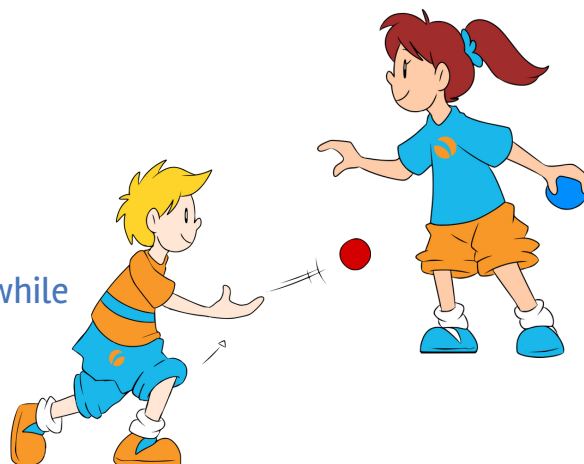


### Free Throw!!!



Can you try and beat Kieran's score?

- Grab a bib/ tie a tshirt in a knot/ Use a tennis ball
- Throw the item above your head and catch – Include FMS while the object is in the air.
- Watch Kieran and mirror/ copy his movements
- Just follow the instructions on the screen



### GRANDMA'S FOOTSTEPS

Movement & Listening Skills

## Cool Down



### Grandmas Footsteps



- Ask all children to make a line at one end of the playing area. The teacher/educator will be at the opposite end of the area with a spot/cone on the floor behind them.
- Children will need to sneak up on the teacher/educator to reach the spot/cone.
- When the teacher/educator looks the children FREEZE, when they look away the children sneak forwards. The winner is the first child to collect the spot.
- If a child is caught moving when they are supposed to FREEZE they return to the start.

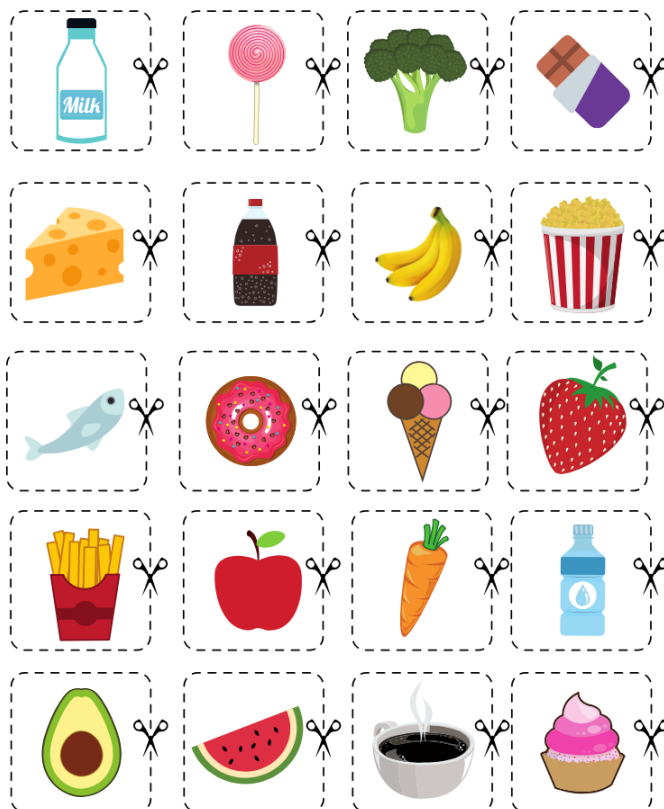
## GOOD FOR MY TEETH



## BAD FOR MY TEETH



Cut out the food icons and glue them on what you think is  
Good for your Teeth or Bad for your Teeth.



**GOOD FOR MY  
TEETH**



**BAD FOR MY  
TEETH**



Cut out the food icons and glue them on what you think is  
Good for your Teeth or Bad for your Teeth.

