

## Fundament Movement Skills – Community Leader



**Based upon the fundamental stages of the Canadian Sport for Life** model of long-term athlete development, this workshop explores core National Coaching Certification Program (NCCP) themes such as fair play, safety, responsibility, and communication with an innovative skill development process. Participants are given the opportunity to practice strategies to improve fundamental movement skills such as throwing, hopping, skipping, jumping, kicking, striking, balancing, catching, and agility.

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**Target:** Municipality-based recreation and daycare professionals working with young children. High School Seniors (Grade 11/12) who are taking high school leadership or senior high school physical education classes.

**Objective:** The goal of this NCCP Fundamental Movement Skills (FMS) Workshop is to expose participants to a process that will teach and improve fundamental movement skills for children. The Workshop consists of 12 units to be delivered in a one-day workshop format. Each unit focuses on a specific aspect of teaching movement skills or on a specific movement skill. The units give students many opportunities to assess and improve their teaching of fundamental movement skills as well as leadership skills such as activity delivery and effective communication. Fundamental Movement Skills are integral in child development as they are the basis of movements across a full range of sports and leisure activities they will be involved with in their lifetime.

**Participant/Student Takeaways:** Participants walk away with a coaching certification number from the Coaching Association of Canada and a trained status in Fundamental Movement Skills and can use this training to gain further work experience in any field where they are working with young children. The coaching certification number is a number that each participant will have for any more coaching courses they might take down the road as it is associated with the NCCP Database for coaches.

**Community Leader/Teacher Takeaways:** Trained instructors receive a preplanned booklet with 12 x 45 minute lecture periods which can be easily manipulated to fit into any high school program or run as one full day workshop.

**Community Takeaways:** The program is designed to be learned in class and executed in the community. It's our belief that once FMS has been taught to a group of people, a community system should be put in place to reach out to your community. Having your participants actually teach what they have learned increases their retention and improves the quality of activity for all young children who they work with.

If you are interested in FMS as a student, community leader, parent, coach, sport administrator or community volunteer and would like our help to bring this program to your community please contact Will Stewart at the Coaches Association of BC at [info@coaches.bc.ca](mailto:info@coaches.bc.ca) or 604.333.3600 ext. 1.