Move Well Move Often

Developing the physically literate pupil through the lens of fundamental movement skills
### 3 Year CPD Rollout

<table>
<thead>
<tr>
<th>Seminar 1</th>
<th>Seminar 2</th>
<th>Seminar 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2017</strong></td>
<td><strong>2018</strong></td>
<td><strong>2019</strong></td>
</tr>
<tr>
<td>Locomotor Skills</td>
<td>Stability Skills</td>
<td>Manipulative Skills</td>
</tr>
</tbody>
</table>

**PDST**

www.pdst.ie
Global Context

https://www.youtube.com/watch?v=OiSzbZUQRpk
Policy Context
Move Well, Move Often and the PE Curriculum
What is physical literacy?

https://www.youtube.com/watch?v=0x6foP9O880
Physical Literacy

The physically literate child can be described as having the
➢ motivation
➢ confidence
➢ movement competence
➢ knowledge and understanding to value and take part in physical activity throughout their personal lifelong journey.

(Whitehead 2017)
Discuss:

- The key characteristics of Physical Education
- The key characteristics of Physical Literacy

➢ The relationship between both
Physical literacy can be considered as a **goal** or **outcome** of high quality PE.

*Hyndman and Pill 2017, Rotert and MacDonald 2015*
# Fundamental Movement Skills

## Locomotor Skills
Transporting the body in any direction from one point to another

- Walking
- Running
- Hopping
- Skipping
- Jumping for height
- Jumping for distance
- Dodging
- Side stepping

## Stability Skills
Balancing the body in stillness and in motion

- Balancing
- Landing

## Manipulative Skills
Control of objects using various body parts.

- Catching
- Throwing
- Kicking
- Striking with the hand
- Striking with an implement
Embed FMS into PE
Book Walk: Move Well, Move Often Resource
Additional Resources

https://www.scoilnet.ie/pdst/physlit/
The Journey So Far...

https://vimeo.com/270710741
Stability Skills

Landing

Balancing
Stability skills and the Curriculum

1. **Landing:** Embed the skill of landing in a gymnastic sequence.
   Assessment: Observe and provide feedback to your partner.

2. **Balancing:** Embed the skill of balancing into a gymnastic sequence.
   Assessment: Self-assessment Checklist.

Lesson plans available at [http://www.pdst.ie/physlit](http://www.pdst.ie/physlit)
These examples would be preceded by a warm up and followed by a cool down in a typical lesson.

Lesson plan available at [http://www.pdst.ie/physlit](http://www.pdst.ie/physlit)
Varying The Learning Environment

Space  Task  Equipment  People
Planning for teaching FMS in PE
Embedding FMS in your PE plan

https://www.scoilnet.ie/pdst/physlit/videos/
Group Planning Activity

Using school self-evaluation to support PE planning

www.schoolself-evaluation.ie

www.activeschoolflag.ie

http://www.pdst.ie/node/793
http://www.pdst.ie/sse/p
Next Steps
From small beginnings...

- Hall display
- Print out assessment templates and rubrics
- Use the take home activities
- Create a Communal space for MWMO books
- PE journals
- Classroom display
- Update the school PE plan

..come great things!
Focus on FMS: Running
Integration with other subject areas
www.pdst.ie

In-school support
Planning tools and support materials
Workshop dates, venues and support materials
PSSI lesson plans
Summer course

Move Well, Move Often Website
www.scoilnet.ie/pdst/physlit

PDST Twitter
@PDSTpe
In-school support

www.pdst.ie/schoolsupport

School roll number

schoolsupport2018

It is essential to fill out the on-line application form in order for your application to be considered
PDST Physical Literacy Summer Course

Teaching Children To Move Well and Move Often

Athlone  Navan  Monaghan  Dublin West  Kildare

Wexford  Kilkenny  Waterford  Blackrock  West Cork

Tralee  Laois  Sligo
Thank you!!