

A large, irregular blue ink splatter or watercolor blotch serves as the background for the text. The splatter has a textured, painterly appearance with various shades of blue and white, creating a dynamic and artistic feel.

Fundamental Movement Skills

Developing the Basics

Outcomes

Define	Define Fundamental movement skills – Physical Literacy
List	List the Movement Skills involved
Define	Define each skill & relevance to our games
Sample	Sample activities to develop each area
List	List of resources to aid coaches to develop the basics

Definitions

- Physical literacy can be defined as fundamental movement skills or core movement skills of Gaelic Games
- Fundamental movement skills (FMS) are the skills which support children's co-ordination and movement. FMS are the building blocks for movement.
- The development of these skills do not happen by chance, they happen through relevant play opportunities and experiences. FMS skills include:



**What types of Movement do
we see in Gaelic games?**

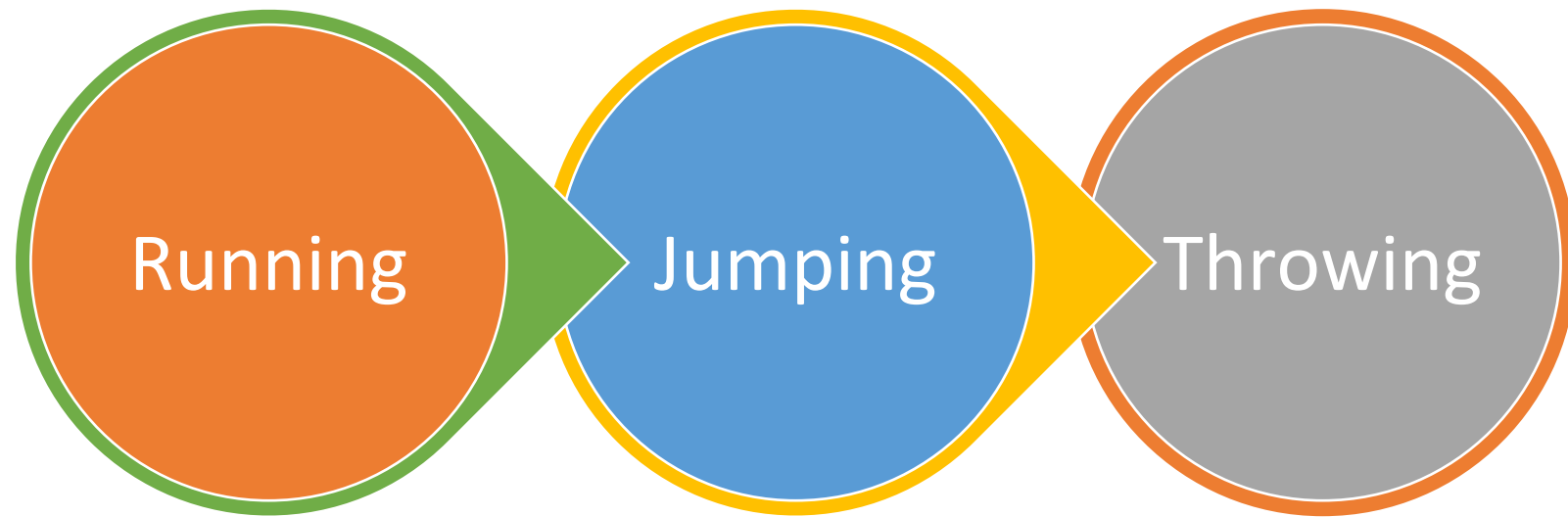
ABCs

AGILITY

BALANCE

COORDINATION

RJT's



CPKS

Catching

Passing

Kicking

Striking

Agility

- The ability to change direction quickly
- Control the movement of the whole body.
- Move in a variety of directions
- Leading off both the left and right feet.





Balance

- The ability to maintain stability
- Players are often required to perform skills while off balance or while balanced on one foot.



Coordination



The ability to move different body parts simultaneously or in sequence in order to perform a specific task.

Hand-eye
coordination,

Foot-eye
coordination

Hand-foot
coordination

Running

- Forward, Backwards, Sideways, Diagonal
- Variable speeds/distances
- Accelerating and decelerating
- Turning and Stopping
- Random Running





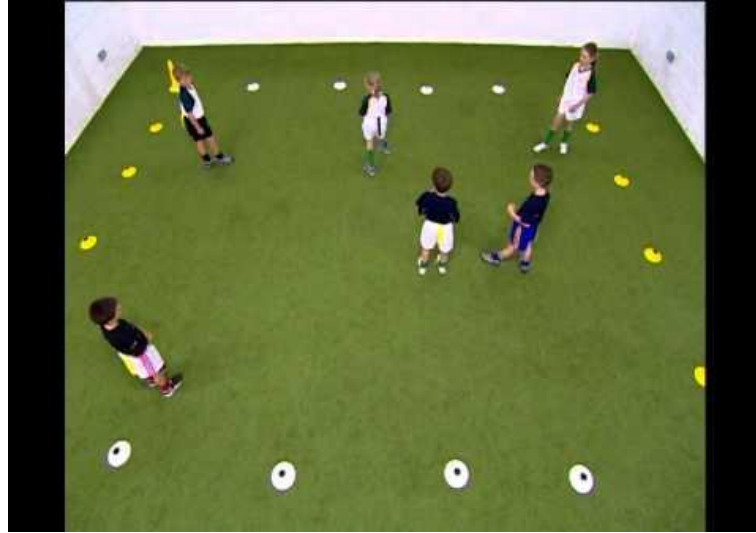
JUMPING

- Variety of Directions
- Various Distances
- Variety of Starting Positions

Throwing

- Throwing involves hand eye coordination
- Different objects – balls and bean bags, different sizes and weights and
- Over various distances





Agility

Balance



Coordination



Running

<https://vimeo.com/212266248>



<https://vimeo.com/212266387>



JUMPING

<https://vimeo.com/212265796>



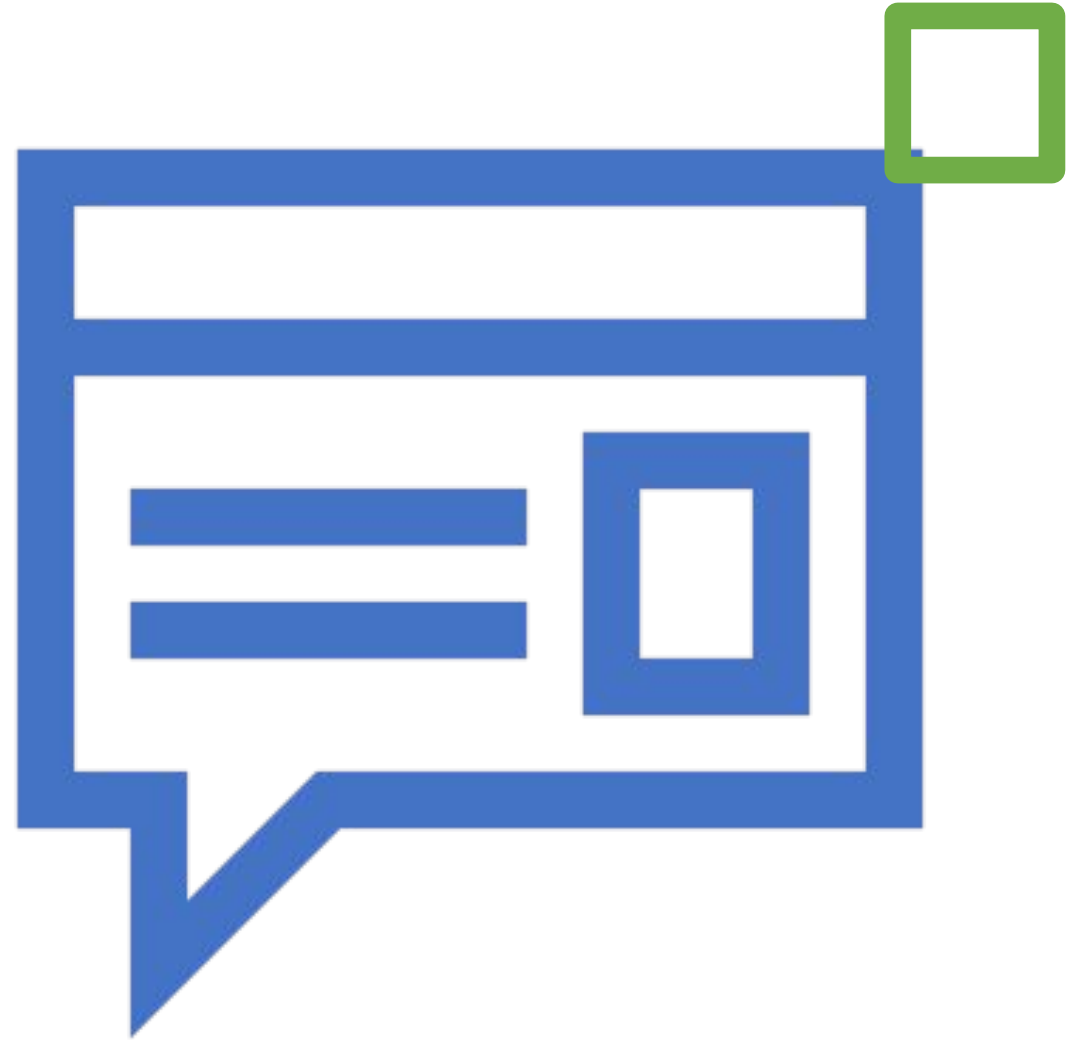
THROWING





Catching Passing

Questions
Comments



Strong Foundations – Let Them Grow



kids need to learn how to move.

LEARNING

to MOVE

MOVING

to LEARN

Physical Literacy is the ...

"Margaret Whitehead 2016"



MOTIVATION



CONFIDENCE

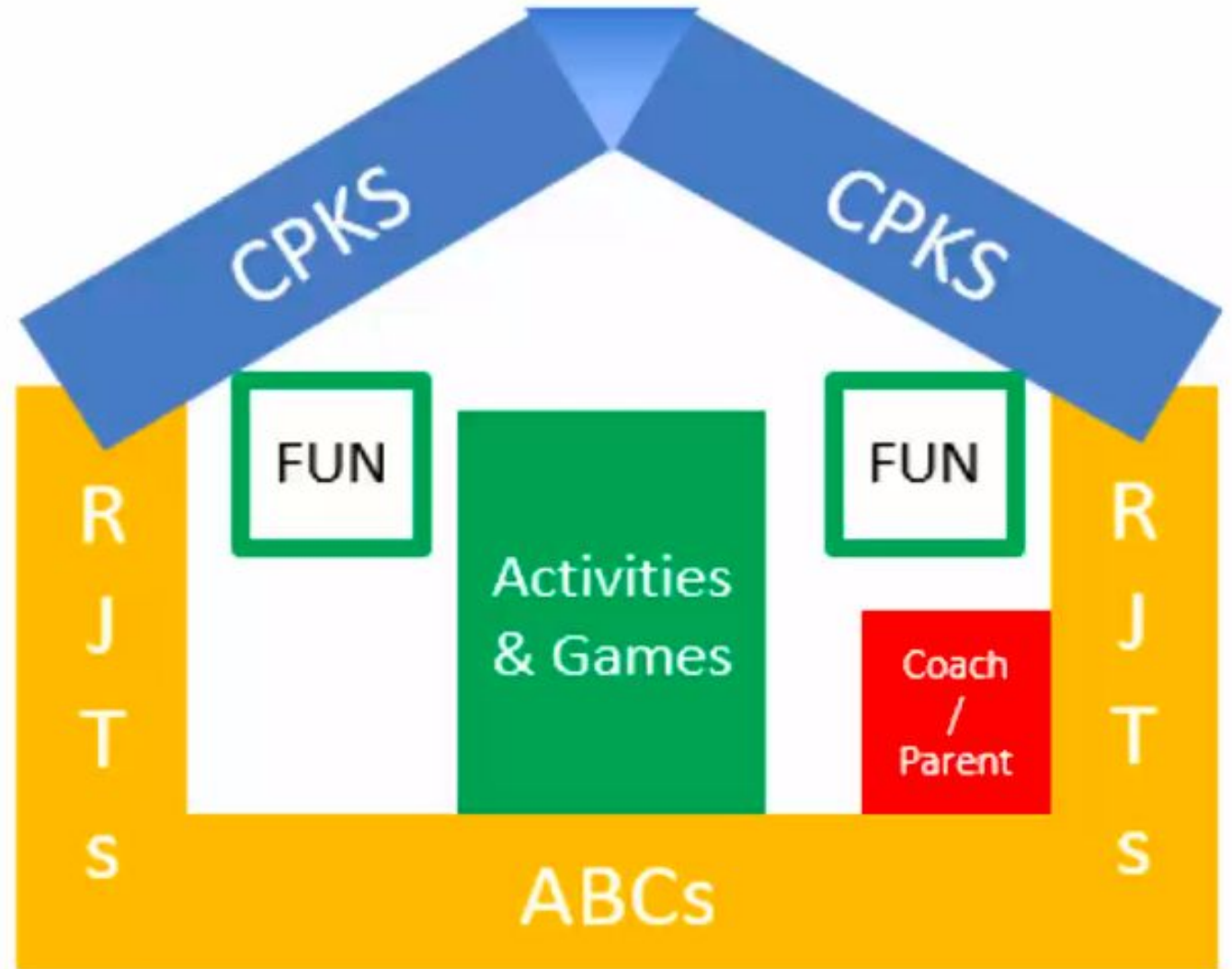


PHYSICAL
COMPETENCE



KNOWLEDGE &
UNDERSTANDING

to value and take responsibility for engagement in physical activities for life.



Resources

- <https://learning.gaa.ie/planner/>
- <https://ulster.gaa.ie/coaching/coaching-resources/building-better-players-coaching-resource/>
- <https://connachtgaa.ie/coaching/nursery/physical-literacy/#throwing>
- [@coachingmovement1](#)
- <https://sites.google.com/view/palmireland/home>
- <https://www.icoachkids.eu/>
- <http://sportforbusiness.com/research-to-tackle-movement-deficit-in-children/>



Resources

- @MSAIreland
- @PALM_Ireland
- @Youth_Developed
- @iCoachKidsEu



[https://drive.google.com/file/d/1gfFhzf9i7Co
aALRLM-7-L3LAUGy6QhGt/view](https://drive.google.com/file/d/1gfFhzf9i7CoaALRLM-7-L3LAUGy6QhGt/view)

Questions
Comments

