

## Coaching Manitoba delivers the NCCP Fundamental Movement Skills

The goal of the Fundamental Movement Skills (FMS) Workshop is to expose participants to a process that will teach and improve fundamental movement skills for children.

Coaching Manitoba is prepared to deliver the following workshops and distribute the High School Leadership kits.

There are 3 separate Workshop audiences:

- 1.) The NCCP FMS Coach Professional Development workshop is designed for coaches and instructors that have had previous NCCP training and certification. This **3 hour Coach workshop** focuses solely on the identification and improvement of fundamental movement skills that are the foundation of sport specific skills. Participants will have many opportunities to assess and improve their analysis of fundamental movement skills.
- 2.) The NCCP FMS Community Leader Workshop is designed for Day care professional, sport camp leaders, as well as all other community based leaders working with young children. This **one-day leader workshop** contains 12 units, with each unit focusing on a specific aspect of teaching movement skills. Participants will have many opportunities to assess and improve their teaching of fundamental movement skills.
- 3.) The NCCP FMS High- School leadership Kit is designed for High-School senior students in a leadership or advanced Physical Education class. The kit is available for purchase by physical educators for \$50.00 from Coaching Manitoba and consists of:
  - \*1 DVD of all fundamental movement skills
  - \*1 CD with student handouts and resource material in a print-friendly format
  - \*1 Teacher Guide
  - \*1 FMS poster

The 12 unit guide, of approximately 45 minutes each, 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.