

These are just examples of some of the many games that incorporate fundamental movement skills, and numerous other favourite children's games can also be used to develop these fundamental movement skills.

For example Bulrush, Duck Duck Goose, and What's the Time Mr. Wolf can be played introducing other locomotor skills, such as hopping or galloping.

Consider ways to embed fundamental movement skills throughout the day, for example during transition times, music and movement, active play time, as well as intentional fundamental movement skill learning experiences.

Educators should also have plans for ways to implement fundamental movement skill experiences in both the indoor and outdoor environments, especially to cater for wet or hot weather.

Remember, embedding fundamental movement skills into your Early Childhood Education and Care service will assist in meeting the requirements of the National Quality Framework, in particular National Quality Standard 2.2: healthy eating and physical activity are embedded in the program for children, and the Early Years Learning Framework Learning Outcome 3: children have a strong sense of wellbeing.