

Fundamental movement skills are essential for children's participation in sport and physical activity throughout life.

This section will provide some examples of group games and activities that incorporate fundamental movement skills, and enable children to practice and develop their fundamental movement skills.

When practicing fundamental movement skills, educators should demonstrate the skill to the children and then teach each component of the skill. The skill can then be incorporated into a game or active play.

Games and activities in this section are taken from *Munch & Move* program resources. Other games and activities are also available in the *Munch & Move* resource manual.