

## Spotlight on Stability Skills (FMS)

*with Ever Active Schools*

Date: **Tuesday, November 15, 2011**

Time: **4:30 - 5:30 pm (Mountain Standard Time)**

**\*\*Please log on at 4:00 pm to do your mic and speaker test!!\*\***

### *Who should attend?*

K-12 Teachers of Physical Education and Daily Physical Activity, PE specialists, after school and early childhood teachers and staff

### *About the session:*

Looking for ideas to increase your student's confidence and competence in Physical Education and physical activity? Want to come away with resources and support for teaching Fundamental Movement Skills (FMS)? Using the ABCD's of Physical Education and the philosophy of Physical Literacy, attendees will walk away from this Webinar with the tools to teach a variety of Fundamental Movement Skills (FMS), particularly Stability Skills. The FMS provide the basic motor skills that are the foundation to all later movement in life whether sport specific, active living or recreation.

Attendees will learn about:

- Ever Active Schools
- Physical Literacy (PL)
- Teaching FUNDamental Movement Skills (FMS)
- Stability Skills
- Resources and support for PL/FMS

### *About the facilitator:*

Ever Active Schools (EAS) facilitators are engaging, dynamic and have received training to deliver Fundamental Movement Skills workshops supported by Canadian Sport for Life and the National Coaching Certification Program. Sessions are designed with the Physical Education and Health curriculum in mind and there is a natural link to Daily Physical Activity.

Participants leave EAS sessions with the resources, activities and support needed in their teaching.

***Sessions may be changed or cancelled. Please check our website for current information. REGISTER ONLINE AT <http://www.carcpd.ab.ca>***

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