



NCCP FUNDAMENTAL MOVEMENT SKILLS

Improving children's lives through physical literacy



National
Coaching
Certification
Program



Coaching
Association
of Canada

***EVERY MOVE
COUNTS***
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The NCCP Fundamental Movement Skills (FMS) workshop introduces participants to the value of solid fundamental movement skills. It is designed to teach leaders of youth how to analyze and improve a child's movement pattern along a development continuum. This workshop has been tailored for delivery in three distinct settings:

FMS Community Leader

This one-day workshop integrates core themes such as fair play, safety, responsibility, and communication with an innovative skill development process. Participants are given the opportunity to create simple games to improve fundamental movement skills such as throwing, hopping, skipping, jumping, kicking, striking, balancing, catching, and agility. It is specifically designed for all leaders of youth physical activity and recreation programs.

FMS High School Leadership

This workshop integrates the same core themes and movement skills as the FMS Community Leader workshop. Learning activities are designed to aid high school students in the development of tangible skills that can be applied in a workplace environment. This 8-hour workshop, built in 45-minute modules, is designed for easy adaptation into a secondary school curriculum..

FMS Coach Professional Development

Designed for already trained NCCP coaches and instructors, this 3-hour professional development session focuses solely on the identification and improvement of the fundamental movement skills that are the foundation of solid sport specific skills.

Every move counts! Register now!



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