

## STAGE 2:

# FUNdamentals

Developing Fundamental Movement Skills (Children aged 6 to 9)

Encourage children to participate in stimulating practices and games that develop a wide range of fundamental movement skills on land, in the air, on snow and ice, and in the water.



### GO FOR IT

Rise to the challenge—always strive for excellence. Be persistent and discover how good you can be.

- › Offer a variety of structured activities and games that develop fundamental movement skills.
- › Provide time for free play so participants have an opportunity to choose which activity they want to try.
- › Continue to encourage active participation, learning and skill development, rather than focusing on performance and winning.
- › Encourage parents/caregivers to use the [True Sport Activity Calendar](#) to motivate participants to try new sports and bring the True Sport Principles to life.
- › To develop physical literacy and ethical literacy, engage participants in activities from [The True Sport Experience](#).
- › Introduce [games](#) that help develop problem-solving abilities.
- › Complete the [NCCP Fundamental Movement Skills](#) workshop.

### PLAY FAIR

Understand, respect, and follow the rules. Play with integrity—competition is only meaningful when it is fair.

- › Introduce simple rules and lead a brief discussion on why it is important for participants to follow the rules.
- › Modify rules, where required, to make activities developmentally appropriate and more fun (e.g., rather than full games, play 3 vs. 3 with no goals, with a focus on skill development).
- › Begin to introduce concepts related to commitment (e.g., encourage participants to be responsible for their own equipment).
- › Communicate positively with all participants.

### RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

- › Appreciate and remember that not everyone learns the same way or at the same pace and adjust activities accordingly.
- › Model respect for other sports and physical activities.
- › Introduce skills and activities that foster teamwork and co-operation.
- › Provide opportunities for all participants to learn from each other in small groups while building relationships and communication skills.
- › Model good behaviour when children are playing (e.g., avoid yelling, respect officials, show good sportspersonship).
- › Show genuine empathy for participants when they express their feelings.
- › Emphasize the importance of respecting your surroundings (e.g., recycling and venue maintenance).
- › Always be on time and encourage parents/caregivers and participants to be punctual as a sign of respect for others.

### KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

- › Focus on learning, fun and friendships.
- › Continue to choose activities that promote social connection (e.g., when introducing themselves have participants say their first name and their favourite colour).
- › Consider incorporating theme days (pyjama day, funny hair day, etc.) to maintain a high level of engagement.
- › Competition should be informal, with no record of results, and incorporate age and stage modifications as appropriate.
- › Encourage active participation in a wide variety of sports and activities.

### STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

- › Develop skills and a positive attitude toward sport and physical activity through unstructured play in safe and challenging environments.
- › Encourage participants to express their feelings.
- › Model and encourage proper hydration habits.
- › Ensure all equipment is in good condition.
- › Introduce [games](#) that develop health and fitness concepts through play.
- › Ask questions and encourage dialogue so that participants feel empowered to speak up when something doesn't feel safe.
- › Complete [Safe Sport Training](#).
- › Complete the [NCCP Making Headway](#) module.

### INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

- › Pair up participants in different ways to create a variety of opportunities to learn from each other.
- › Ensure participants have opportunities to try a variety of positions, techniques, and skills.
- › Encourage and engage participants and parents/caregivers to create fun and inclusive ways to welcome new participants and their families.
- › Emphasize the importance of being friendly, respectful and welcoming with teammates, parents/caregivers, coaches, officials, and opponents (e.g., work with participants and parents/caregivers to create a [True Sport Agreement](#) for teams).

### GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

- › Using the [True Sport Team characters](#), introduce the concept of giving back.
- › Introduce and provide opportunities to participate in community-building activities (e.g., food or toy drives, clean-up days).
- › Have participants set up and take down equipment.
- › Provide opportunities for participants to say “thank you” to people who help make their sport experience possible.