

Dear families,

Active Families with Get Set 4 Education

What is it all about?

Fundamental Movement Skills (FMS) are the building blocks of physical development. These core skills enable children to participate in a wide range of physical activities with confidence and competence. By mastering FMS early, children are better equipped to engage in more complex movements and activities as they grow.

How can you help?

You can help your children at home to access these FMS, whilst having fun and spending time together. The great news is, the activities use minimal equipment and require minimal space - woohoo!

What do you need to know?

Each Key Stage tab has a handy 'table of contents'. This lets you choose games and activities linked to FMS, so you can focus on the skills most relevant to your child. These include balancing, jumping, running, catching and throwing – making it easy to tailor activities to your child's needs.

Have a go! Join in with some games/activities and get moving to boost those active minutes outside of the school environment.

How can you access the resources?

Visit getset4education.co.uk - Click on Home Learning > Active Families.

We know you will have lots of fun together while helping your child build confidence and skills.

Feel free to tag us on social media to show us your awesome moves!

The Get Set Team

