

# Introduction to Fundamental Movement Skills (FMS) for Parents

## Course Date

Saturday, 15 September 2018

## Time

2 pm — 5 pm

## Venue

Cerebral Palsy Centre  
65 Pasir Ris Drive 1  
Singapore 519529  
Level 4 Training Room

## Course Fees

\$40.00 per participant  
(usual fee: \$80.00 per participant)

## Max Course Capacity

30 participants

## For Enquiry

Email: [training@cpas.org.sg](mailto:training@cpas.org.sg)  
Tel: 6585 5650

## Register now!

[www.eventnook.com/event/fms2018](http://www.eventnook.com/event/fms2018)

Registration will only be confirmed upon receiving full payment to CPAS.

## Closing Date

Friday, 24 August 2018

**Introduction to Fundamental Movement Skills (FMS)** workshop is targeted at parents and caregivers of both typically developing children and children with special needs aged 2 to 10 years old.

FMS form the building blocks that underpin daily living activities. These skills refer to movements such as walking, running, leaping, balancing, throwing, catching and much more. The early years are critical in helping children build this foundation of basic movement skills. The half-day workshop content focuses on the importance of FMS, its stages, and how this knowledge supports them in developing motor skills in their children.

## Workshop Objectives

- To introduce learners to the key FMS in young children.
- To enable learners with the skills and knowledge to support their children in developing proficient motor skills.
- To facilitate FMS in their natural setting (home) using inexpensive equipment or readily available recycled materials from our daily environment.
- Key learning areas: Play, Motor Skills, Communication, Language and Cognitive Skills.

## Main Facilitator

**Saudi Tan** is the Head of Curriculum and Chief Facilitator for the FUN Start, MOVE smart FMS introductory workshop. She has more than 10 years of experience as a physical education teacher and fitness coach who enjoys working with young children and youths. During her stint as a MOE Physical Education teacher, her passion and professionalism in working with kids won her the “Most Inspiring Teacher” and “Outstanding Contribution award” twice.

Saudi has worked with organizations both in Singapore and the region, designing curriculums, training preschool educators and sport coaches. Some of the organizations that she has worked with includes Sport SG, Health Promotion Board, KK Women’s and Children Hospital, My First Skool, Pat’s School House and Tenby International School (Ipoh).



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