**Introduction to the Movement Assessment in Practice platform**

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Hello, my name is Samantha Snow. I am a PhD Candidate at Deakin University. I am researching formative assessment practices in Physical Education.

In this video, I will introduce you to the Movement Assessment in Practice platform, which is an evidence-based formative assessment resource that will support your Physical Education teaching.

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Fundamental movement skills, or FMS, are the building blocks for more complex skills and require deliberate time and practice to be developed. They are categorised into locomotor skills, object control skills and stability skills. It is also important to learn the coordination or sequencing of these skills together.

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Research shows that FMS are ideally learned during the primary school years, however, they can be learned at any time. If these skills are not learned during primary school, it is less likely that students will participate in lifelong physical activity.

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Research shows that other benefits of learning FMS at primary school include an increase in physical activity levels and physical fitness, a decrease in body mass index, an increase in confidence, self-esteem and self-efficacy and an improvement in academic outcomes.

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The most effective way to teach FMS is through targeted teaching, meaning that the learning tasks, teaching cues and feedback are specific to the needs of the students. To identify the FMS needs of your students, the first step is to assess. Assessment of FMS can come in many forms and the MAP platform helps you to identify the most appropriate method for you.

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These formative assessment practices have been shown to improve FMS in the shortest period of time. Formative assessment helps teachers develop a targeted approach to effectively plan, teach and support their students. This means teachers can focus on areas of the curriculum that their students really need.

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This is why the Movement Assessment in Practice platform has been developed with a 4-step approach. Step 1: Movement skill assessment

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Assess the movement skills of your students with a valid and reliable tool. This will give you accurate and consistent results on which to base your planning. You will be able to identify skill deficits in your students. This will enable you to develop targeted and differentiated learning programs for them. You will also be able to provide your students with specific feedback to enhance learning and skill development.

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Step 2: Targeted planning

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plan a unit, program or lesson based on the needs of your students as shown through your assessment.

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Step 3: Targeted teaching

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implement your plan and teach the FMS component that your students need to improve.

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Step 4: Re-assessment and evaluation

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re-assess your students to track progress, identify new needs and adjust your program as necessary. This is also an opportunity to evaluate the effectiveness of your teaching and learning program, based on the progress of your students.

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If you would like to learn more about the research that underpins the MAP platform and resources, refer to the FMS research references listed on the introduction page of the MAP resource. this page.

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click on this slide and they will see thank you. No need to add any more, this is a good way to stop the video.

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