



FM

Fundamental Movement Award

overview



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SAQ[®]
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World Leaders in the Benefits of Human Movement



1 day Award, a practical, interactive course delivering real skills for everyone

Outline

This is a very practical, interactive course delivering real skills to all abilities. SAQ® Training is a system of progressive exercise and instruction aimed at developing fundamental motor abilities, balance, co-ordination and ultimately complete control of body movement.

All teachers, coaches, trainers and parents want youngsters and children to move with competence and confidence and to develop the desire to participate in sport and physical activity.

All children whatever their ability, age, size, shape or aspiration can improve their fundamental movement ability and build the foundations on which future sporting performance is based. Children will enjoy the variety, challenge and performance improvements that SAQ® Training can provide.

Interestingly there is now much evidence to show the impact of SAQ® Fundamental Movement Training on children's overall learning, handwriting development and mathematics skills, improvements in concentration and behaviour, as well as physical development.

Aims

- To provide knowledge and practical skills to apply SAQ® FM Training to the **4 – 14 year age group**.
- To introduce the SAQ® Continuum, the framework around which SAQ® FM Training is structured.
- To demonstrate SAQ® FM Training in improving fundamental movements and athletic performance.
- To demonstrate SAQ® activities
- To learn important safety considerations.
- To apply SAQ® FM Training as a stand-alone programme, a 'tool' to use within existing work or as an intervention to improve the Gifted & Talented or develop those of more modest potential.





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Assessment

- On-going assessment of practical competence
- Demonstrating and teaching activities from the SAQ® Continuum to other delegates.
- 1 Multiple-Choice Questionnaire completed at home which includes Video analysis of movement

Programme

- The Award typically runs from 9am - 3.30/4pm
- Each of the 6 phases of the SAQ® Continuum are introduced using video and power point, followed by practical performance and review.
- Delegates are advised to attend wearing sports clothing and to bring plenty of water. Lunch is not normally provided.
- If a delegate is unable to perform practically, they will still be able to complete the Award successfully.

Award Status

- REPS 8 points for course + 2 for Home Study = 10
- UK Coaching Framework compliant
- Dyspraxia Foundation endorsed
- Special Olympics GB endorsed
- RFU recommended
- Sportscoach UK signposted.
- World SAQ Qualification Organisation Level 2 + endorsed by Sport Specific Skill Acquisition Association.

Delegates will take away:

- Resource Book and dvd summarising SAQ® FM Training for children
- Insights on how to best use SAQ® FM Training and the SAQ® Continuum within school curriculum time, after school hours, in 1:1 situations and small group sessions. assistants,

SAQ Continuum

- **Dynamic Flex** - Warm-up on the move
- **Mechanics** - The development of running form.
- **Innervation** - Fast feet, agility and control.
- **Accumulation of Potential** - Bringing together the previous in an SAQ training circuit.
- **Explosion** - The development of explosive 3 step multi-directional acceleration.
- **Expression of Potential** - Short competitive team games that prepare players for the next level of training.
- **Warm down** - reverse of **Dynamic Flex**





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Who should attend?

- Teachers
- Teaching assistants
- Coaches and
- Parents
- Plus anyone with a keen interest in improving movement and learning ability in children.

NB REPS registered delegates should have a Level 2 Physical Activity for Children Award as a prerequisite.

Feedback:

"Teachers have completely changed their approach to delivering fundamental motor skills to both primary and secondary aged pupils." Leigh Marshall - PDM, Coopers Company and Coburn, Sports College Partnership, Upminster

"SAQ® FM Training plays an important role within our partnership, particularly in encouraging teachers to be innovative and to think about developing pupils' generic movement skills. Geoff Sheldon - Chief Physical Education Inspector, County Durham

"I feel like I've re-trained and have re-gained the same level of inspiration I once had" Award evaluation

"The practical element to the FM-Award was invaluable - this made it all relevant and put it into a teaching context." Award evaluation

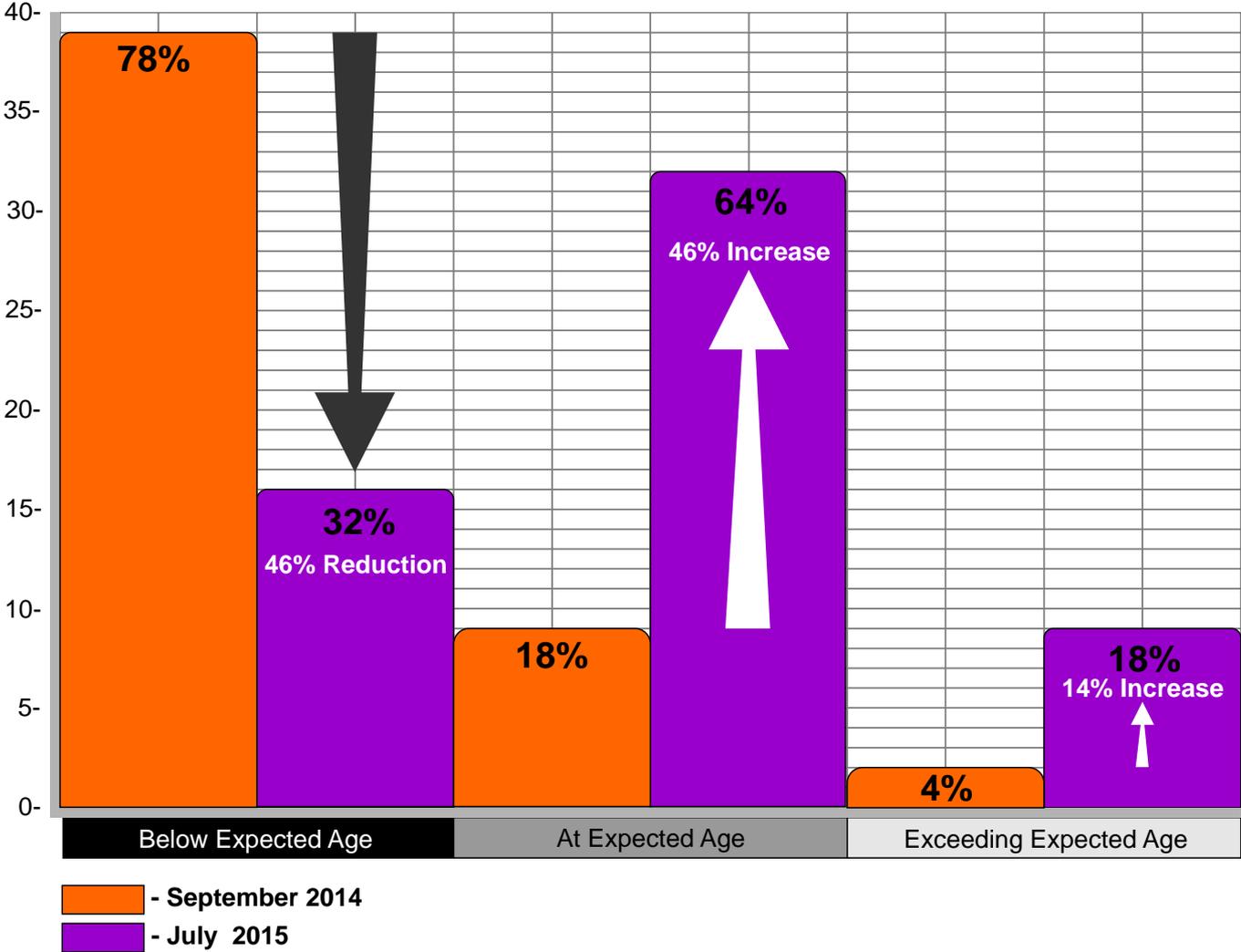
"A very enjoyable day that really made me think about fundamental principles of movement. I can really see how these techniques are going to benefit the development of ALL children." Award evaluation





Fundamental Movement Pilot Project Independent Feedback from Loughborough Primary School Reception

Actual Moving and Handling Outcomes
Pre and Post SAQ Fundamental Movement Intervention





A brief introduction to: Speed, Agility, Quickness International

During the past 20 years SAQ® International have developed a number of ground breaking movement based training programmes placed locally and nationally. The programmes meet with approval and success, linking sports clubs, schools, community organisations and families. This positive effect on personal and community development leads to:

- Elite Sports Performance
- The Development of Gifted and Talented Youngsters
- Achieving Fundamental and Developmental Movement Targets Within the Educational System
- Community Physical Activity Levels Reducing Obesity, Diabetes and helping with its Prevention
- General Health and Healthy Eating Special Educational Needs
- Early Developmental Movement (Early Years Intervention Programmes)

how we've done it ?

SAQ® Training programmes are continually developed through independent and quality assured, evidence based processes using nationally recognised training awards and packages, the provision of first class resources and the supply of practical, functional equipment and expert hands-on consultancy.

Programmes have been designed so that they are cost efficient, sustainable and effective over short, mid and long term periods, resulting in maximum impact at a minimum cost.



and who likes it *

"SAQ® sessions were a popular 'change' and appear to offer a relatively intense mode of physical activity which compares most favourably with other traditional PE curriculum areas."

"The use of SAQ® sessions may well prove to be useful in engaging children in health promoting physical activity."

"The introduction of 'fun' circuit classes, in conjunction with SAQ® equipment provides an excellent vehicle to deliver bouts of vigorous exercise for children."

* Evidenced Based Research - 44 primary schools, 882 children evaluated by Durham University UK.





PSM One Day Training Award

The **Performance Sport Movement Award** provides coaches, trainers, teachers, parents, and those involved in all sports, recreational physical activity, health & fitness and physical education with knowledge and practical skills in SAQ® PSM Training.



eEMP One Day Training Award

The **Early Essential Movement Patterns Award** helps prepare teachers, and those involved in working with children 4 – 7 years old with knowledge and practical skills in SAQ® Early Essential Movement Patterns Training.



FM One Day Training Award

The **Fundamental Movement Award** provides teachers, teaching assistants, coaches, and parents, and those involved in physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® FM Training to the 4 – 14 year age group.



SEM One Day Training Award

The **Special Education Movement Award** provides teachers, teaching assistants, parents, physical education, sports coaching and recreational physical activity with knowledge and practical skills to apply SAQ® SEM Training to children with learning and movement difficulties.



JAM One Day Training Award

The **Jab and Move Award** is a one day Award which is designed to develop boxing specific movement patterns and skills. It uses a continuum of movement, eye hand coordination skills, integration of boxing gloves and specialised equipment plus the introduction of the Audio Response Workout. This is ideal for coaches, trainers, boxing enthusiasts and health and fitness professionals.



SBW One Day Training Award

The **Suspended Body Weight Award**. The SBW Suspended Body Weight Training Award provides fitness trainers, strength and conditioners with the theory, practical knowledge on this revolutionary training method. Incorporating Suspended Body Weight MiloKit. The Award demonstrates how to train whole body stability, develop multi angled strength and power in a practical effective programme.



BR One Day Training Award

The **Body Rewire Award Body Rewire Award** – This Award has been specially designed to help those who work in health and fitness, sport and general physical training programmes to re-energise and reintroduce movement techniques that may have been lost due to injury, inappropriate training and age. This focuses on rewiring the neuromuscular system using a whole range of ground based movement patterns that are essential for the neuromuscular system.



Sports College: Distance Learning Diploma

The Sports College: Online Learning Diploma – There is a whole range of online distance learning Diplomas catering for sports such as: rugby, tennis, football, Gaelic. Also included is Athletes First 20 years Development and Team Management. You receive comprehensive information, lectures, support. These are recognised as some of the best online sports diplomas available.



International Diploma: Distance Learning.

The SAQ® I Diploma is a fully Distance Learning Award which provides status of SAQ® Advanced Trainer. The course is six months in duration and provides a sound theoretical basis with a fully practical experience. Students design and practically implement an eight week training programme delivered to any population group of the student's choice.