

SETTING UP THE FMS COURSE

Equipment Needed:

- Measuring Tape
- 30 Cones
- Tennis Balls
- Beanbags
- Large balls

Setup:

1. **Running:** 2 cones, 7m apart
2. **Long Jump:** 2m long
3. **Heel-to-toe:** One line about 10m long (walk forwards for 5m and backwards for 5m)
4. **Cross the midline Feet:** Crazy bear walk on 6 cones
5. **Star Jump:** on one cone- do about 10 jumps
6. **Cross the midline hands:** Crazy Monkey walk on 6 cones
7. **Hop on one leg:** 2 cones- 7m line (Hop on dominant and then non-dominant)
8. **Catch:** two cones about 4m away (size of ball- big for smaller and can use smaller for older)
9. **Throw underarm:** Beanbag (two cones about 5m away)
10. **Throw overarm:** tennis ball (two cones 5m away)
11. **Kick:** large plastic ball (two cones about 3m away)
12. **Gallop:** Two cones 10m away
13. **One leg stand:** Start on dominant leg and then swop to non-dominant leg
14. **Flexibility:** all in one line- touch toes with knees/legs straight

