

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

# INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME  
16 TO 18 MARCH 2021  
9AM - 5PM



Host



Co-host



# D(Ex)<sup>2</sup> Your Way Through FUNdamentals

~A Sharing of My 1<sup>st</sup> Coach Pedagogical  
Principles~

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CoachSG, Coaching Development

[#CoachAsLeader](#)



## My 1<sup>st</sup> Coach Programme



Who was your 1<sup>st</sup> Coach?

Who taught you how to 1<sup>st</sup> walk, throw, catch, kick, run?



## My 1<sup>st</sup> Coach Programme



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**Parents!**



## SG-Coach My 1<sup>st</sup> Coach Programme



The programme aims to equip parents with the knowledge and skills to enable them to develop strong fundamental movement skills, inculcate active and healthy living, and develop positive character and values in their children.



Through a series of highly engaging and interactive sessions, parents will be able to immediately impart what they have learnt to their children at home and beyond.

**#SportStartsAtHome**



## **The key building blocks**



## The key building blocks



## The key building blocks



“Content for instruction should be based on the interests, needs and supports of the individual, rather than a label of disability. The goal is not therapy but enhancing the ability and desire to engage in independently selected physical activity and fundamental movement skill development.”

- Reid & O'Connor, 2003, p.20



## SG-Coach My 1<sup>st</sup> Coach Programme



- **FUN**damental Movement Skills
  - Locomotor, Non-Locomotor, Manipulative
- Active Health Pillars
  - Physical Activity, Diet, Screen Time, Sleep
- The **RIGHT** Values
  - **R**esilience, **I**ntegrity, **G**rit, **H**onour, **T**eamwork
- **FUN** Design
  - FUN **FUN**damentals, **U**nderstanding (TGFU), **N**urturing (Feedback, Praises)
- **DREAM** Design
  - **D**evelop AmbiD(Ex)<sup>2</sup>erity, **R**epetition Without Repetition, **E**ngineer Early Success, **A**ctive Participation, **M**odify using TREES
- **TREES** Design
  - **T**eaching Styles, **R**ules, **E**quipment, **E**nvironment, **S**afety



# The **FUN** Design

**F**UN Fundamentals

**U**nderstanding - TGFU

**N**urturing – Praises & Feedback



# Physical Literacy



## Physical Literacy

# FUNdamental Movement Skills (FMS)

- ❑ Locomotor
- ❑ Non-Locomotor
- ❑ Manipulative



## Physical Literacy

# FUNdamental Movement Skills (FMS)

### ▣ Locomotor

Walking	Running	Hopping	Jumping
Leaping	Skipping	Galloping	Sliding



## Physical Literacy

# FUNdamental Movement Skills (FMS)

- Non Locomotor

Balancing    Turning    Twisting    Bending



## Physical Literacy

# FUNdamental Movement Skills (FMS)

### □ Manipulative

Rolling	Throwing	Catching	Striking
Kicking	Bouncing	Dribbling	



# The **FUN** Design

**F**UN Fundamentals

**U**nderstanding - TGFU

**N**urturing – Praises & Feedback



## An Innovative Pedagogical Approach ~ Develop Fundamental Movement & Athletic Skills ~

**D**evelop Ambi**DEX**<sup>2</sup>terity

**R**epetition without Repetition

**E**ngineering Early Success

**A**ctive Participation

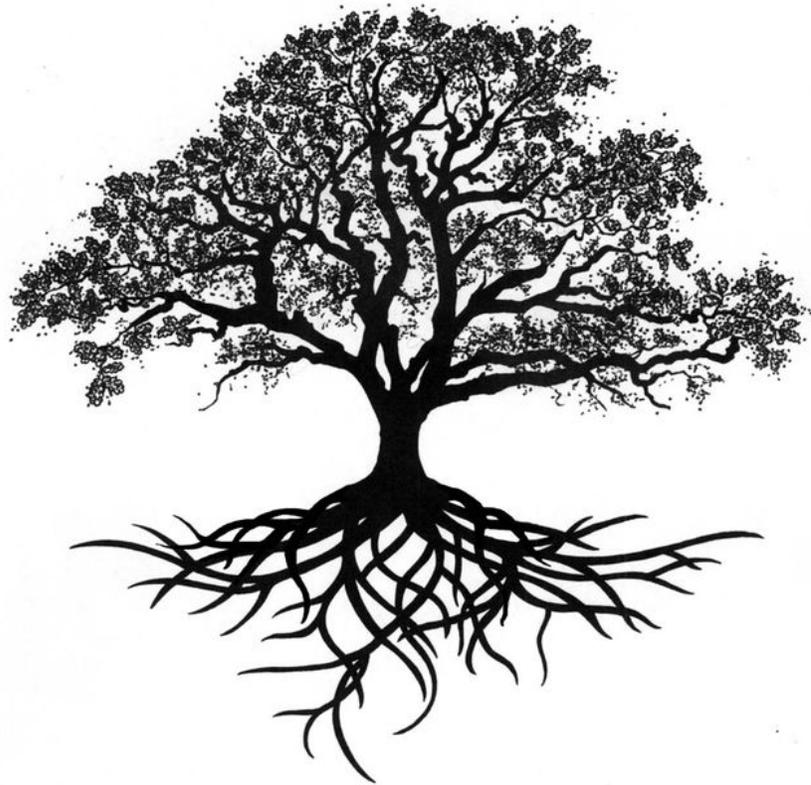
**M**odify Using **T.R.E.E.S.**



**An Innovative Pedagogical Approach**  
~ **Develop Fundamental Movement & Athletic Skills** ~

**D**evelop **AmbiD(Ex)<sup>2</sup>terity**  
**D**iscover  
**E**xplore  
**E**xperiment





**T**eaching Styles  
**R**ules & Regulations  
**E**quipment  
**E**nvironment  
**S**afety





### Things to Consider

- \_ Remove Barriers (ie. Physical, attitudinal, information/communication)
- \_ Individual appropriate activities: Consider age, interests and strengths
- \_ Mode or type of instruction/ appropriate communication modality
- \_ Task variation and progression: simple scaffolding
- \_ Allow time for familiarity
- \_ Promote eye contact (For non-visually impaired)
- \_ Use of clear simple language/ analogies
- \_ Awareness of sensory preferences
- \_ Balancing social skills training and physical activity objectives
- \_ Use of prompts
- \_ Consult caregiver and healthcare provider
- \_ Communicate and listen to their perspectives
- \_ Be open to adopting simple adaptations



Behind every champion is a great support team



“The severity of one’s disability does not determine their level of potential, the greatest barriers that persons with disabilities have to overcome are not steps or curbs , it’s expectations.”

– Karen Clay

“Everyone, regardless of ability or disability, has strengths and weaknesses. Know what yours are. Build on your strengths and find a way around your weaknesses.”

– Brad Cohen



**THANK YOU**

