

MUNCH & MOVE

South Western Sydney

HAPPY
NEW
YEAR!

JANUARY 2025

What's Happening:

Celebrate the Fundamental Movement Skills!

FMS 2025 Planner

January	February	March	April
Running	Skipping and hopping	Jumping	Galloping
May	June	July	August
Side sliding	Catching	Underarm throwing	Kicking
September	October	November	December
Leaping	Striking	Stationary dribble	Overarm throwing

Email us: SWSLHD-MunchAndMove@health.nsw.gov.au

Munch & Move

Children at your service can have fun learning the Fundamental Movement Skills with our 2025 planner.

Use the planner to teach each of the fundamental movement skills over the course of the year. There's a new skill each month. January's FMS is running. Turn to page 2 for tips to teach running!

To download the planner,

[CLICK HERE](#)

Storytime at the Museum - 15 January and 12 February

Summer storytime and craft sessions are part of the fun at Fairfield City Museum and Gallery.

Children from age three to five and their families are invited to take part. The free classes run from 10.30am to 11.30am. Book your spot, [here](#).



Lunar New Year - 29 January

Food plays a major role in Lunar New Year celebrations, so take the opportunity to discuss healthy celebration foods or do a cooking experience with the children. To mark the Year of the Snake, encourage children to dance and move like snakes! [MORE INFO >>](#)

Fundamental Movement Skill of the Month- running

Eyes looking straight ahead.



Swing your arms.

Knees up.

Running is a locomotor skill that forms the basis of sports like football and cricket.

The teaching cues for running include:

- Eyes looking straight ahead.
- Swing your arms to the opposite leg.
- Knees up. Front knee lifts to hip height.
- Kick back heel upwards.



Use the [Munch & Move Fun Moves Videos](#) to help you teach running and all the Fundamental Movement Skills.



Cool off with water play



Supervised water play is a great way for children to keep cool during hot months like January! It helps promote a range of important skills including physical activity. Try these fun water play ideas at your service!



Ideas for babies and toddlers:

- **Let's go fishing** – Fill a shallow tub with water and play with a variety of objects.
- **Bubble play** - During tummy time, have the child reach for the bubbles.
- **Art activities** - Wet their feet or hands in water and create fun artworks on coloured paper. Take a photo before the artworks dry! More tips [here](#).

Ideas for preschoolers:

- **Wet sponge toss or water balloons** – Teach underarm or overarm throwing using sponges or water balloons to toss into buckets, or have a running relay using a wet sponge.
- **Art activities** – Enjoy watercolour painting, or paint fences or walls with water.
- **Bubble play** – Help children create their own bubbles as a science experiment. To get started, [click here](#).
- **Build a water wall** – On a fence or wall, use recycled materials such as funnels and old pipes to create a water wall. [Read more](#).





Veg out with healthy dips



Dips and fresh vegetables are great healthy snacks for children for many reasons. Vegetables like carrots, cucumbers and capsicum are packed with vitamins, minerals and fibre, which helps a child's growth and development. When paired with dips, vegetables have more flavour and become more appealing, especially for picky eaters. Dips and fresh vegetables are satisfying and refreshing snacks, especially during summer.

The Healthy Eating Advisory Service has some great dip recipes to try, including hummus, tzatziki and chickpea and beetroot dip.

Hummus recipe



Serves: 6 people.
1 serve = about 30g
(1 heaped teaspoon).

Method:

1. Drain chickpeas and rinse with water.
2. Combine all ingredients in a food processor and blend until smooth.
3. Serve with your favourite vegetables including capsicum, celery and carrots.

Ingredients:

- 1 x 150g can of chickpeas.
- 1 tablespoon olive oil.
- 1/2 teaspoon of crushed garlic.
- 2 teaspoons tahini.
- 1/2 teaspoon ground cumin.
- Lemon juice to taste, as required.

Tips:

- Recipe can be prepared ahead of time and stored until needed.
- Leftover hummus can be used as a spread on toast or as a sandwich filling.

SUBSCRIBE



Follow us on



Get in touch at

SWSLHD-MunchandMove@health.nsw.gov.au

