



MUNCH & MOVE

South Western Sydney



JANUARY 2026

What's Happening:

Celebrate your FMS yearly planner



You can help the children at your service get moving with our 2026 Fundamental Movement Skills Yearly Planner.

Each month highlights a new skill with teaching tips and fun games to support learning.

These skills are used in many sports and games. Learning these skills can help children enjoy physical activity and boost their confidence, memory, coordination and social skills.

For a copy of the planner, click on the button below.

[↓ DOWNLOAD](#)

International Kite Day - 14 January

The celebration started in India and is now enjoyed around the world. It honours the start of summer and the upcoming harvest season.

You can plan some fun activities at your service to celebrate the culture and history of kite flying.

Try these ideas:

- Display kite posters at your service.
- Help children make or design their own kites.
- Read children's books like Kites by Bettina Ling to inspire young minds.

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FMS of the Month - running

Eyes
looking
straight
ahead.



Swing
your
arms.

Knees
up.

Running is a locomotor skill that is used in sports like football and cricket.

The teaching cues for running include:

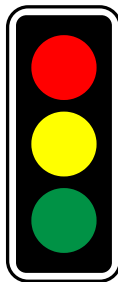
- Look forward.
- Keep arms bent.
- Take quick steps.
- Land on the balls of the feet.



Encourage children to stand tall and move with relaxed arms. For ideas, visit the FMS with Franky and Friends resource, [click here](#).

Share this information with families at your service

This month, we are learning about running as our main movement skill. Running helps us stay active for life. It builds strength, coordination and balance, and helps our bodies stay healthy. Running can support our thinking and social skills.



Red light, green light

Families can play this game to practice running.

You can play at the park, on an oval or in your backyard. You can get children running by planning an outdoor scavenger hunt.

[MORE INFO](#)



Free training with PD in your Pocket



[CLICK HERE!](#) Hear about personal safety.



[CLICK HERE!](#) Help children learn and thrive.

Educators and staff who work in family day care can join free webinars on topics relevant to the sector. The NSW Family Day Care Association hosts the webinars for its PD in your Pocket program. Live webinars are held each month. They are recorded so people can watch or listen to them at any time and from any location.

Topics include attachment and relationships in family day care, personal safety and consent, the power of play, language and literacy.

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Cool down with summer salads



Fresh salads are a great way to enjoy the five food groups over summer. They can help you introduce children to new foods. Add these ingredients:

- **Grains, wholemeal if possible:** Pasta, couscous, rice, noodle or croutons.
- **Meat or alternatives:** Chicken, beef, tofu, eggs, legumes or canned tuna.
- **Vegetables, fresh or frozen:** Lettuce, tomatoes and seasonal vegetables.
- **Fruit:** Oranges, mangoes, pineapple or canned fruit in natural juice.
- **Dairy:** Grated cheese.

Toddler chicken couscous



Ingredients:

- 1.5kg chicken thigh or breast, diced.
- 1 onion, peeled and chopped.
- 2 ¼ cups salt reduced chicken stock.
- 2 zucchini, grated.
- 3 cups couscous.
- 6 tomatoes, diced.
- 3 tbs olive oil.
- 3 capsicums, diced.

Serves: 20.

Method:

1. Heat oil in frypan. Saute onions until soft.
2. Add chicken and stirfry until cooked through.
3. Place couscous in a bowl. Boil stock and pour over couscous. Wait until liquid is absorbed.
4. Add zucchini and capsicum to chicken and cook until soft. Add tomatoes and cook for 2-3 minutes.
5. Fluff couscous with fork and mix in chicken and vegetables. Serve.



Indoor fun with music and movement



Here are some indoor play ideas that use music and movement:

Babies and toddlers:

- Sing or dance at tummy time, [here](#).
- Teach simple movements while singing songs. [Click here](#).
- Clap hands or wiggle your body.
- Tap to songs using spoons.



Preschoolers:

- Dance to storybooks like 'Giraffes can't dance or wiggle'. [Click here](#).
- Play music and ask children to act out different actions like sway like a tree. [Click here](#).

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SWSLHD-MunchandMove@health.nsw.gov.au

