

Title: DEX2 your way through FUNdamentals

The joy of movement is founded on strong Fundamental Movement Skills (FMS). They are the building blocks to specialised movements and their acquisition leads to a more confident individual.

Leveraging on the concept of exploratory learning through Non-Linear Pedagogy, this session introduces participants to an innovative pedagogical approach called DEX² in developing AmbiDEX²terity in students. Underpinned by the guiding principles of the F.U.N. and D.R.E.A.M designs, these innovative approaches help to develop competence and confidence through creative gamification of FMS acquisition.