



Knowledge Organiser

KS1 Fundamental Movement Skills



Key Knowledge

Running:

Run on the balls of your feet and swing your arms back and forth. Lift your knees up while running.

Jumping:

You can hop on one leg by bending your knee, or do a ski jump by starting with your feet shoulder width apart and bending your knees to 90 degrees. Swing your arms back and then forward while extending your legs and jump off the ground with both feet at the same time.









Coordination: Coordination means using more than one body part together, like one foot and one hand.

Balance: Balance is important for all sports. We need balance to run straight, but it's very important for gymnastics or dance. There are two types of balance, static balance (when standing still) and dynamic balance (when moving).

Agility: Agility means being able to move quickly and easily. It's easier if you have good balance, strength, coordination, and skill level.

Throwing & Catching: Throwing and catching have different variations. You can throw with one hand underarm, overarm, or do a push throw from above your head. When catching, you can use one or two hands and catch above or below your head.

Key Vocabulary

Running 	Travelling from location A to location B, at a quicker speed than a walk
Hopping 	Travelling from location A to location B using only one leg. Arms can be used to propel the body forward, but also maintain balance.
Ski Jump 	Travelling from location A to location B using a two feet to two feet jump. Both feet need to leave the ground & land in tandem. Arms can be used to propel the body forward, but also maintain balance.
Coordination 	The ability to use more than one body part in unison to complete a task.
Balance 	The ability to keep control of the body's positioning, when stationary or dynamic.
Agility 	The ability to change the position of the entire body with speed and accuracy.
Throwing 	The ability to launch an object using one hand or two to a target, such as someone's hands, an object such as cricket stumps, or in relation to athletics, as far as the body allows.
Catching 	The ability to gather an object, using one hands or two, either before, or while it's bouncing. If an object is already on the ground, it is not classed as a catch.

What should I already know?

KS1

Year 1

- Running and stopping.
- Jumping, throwing and aiming.
- Balancing stood still.

Year 2

- Run at different speed.
- Jumping and hopping.
- Throwing towards a target.
- Some understanding of balance and coordination when changing direction