

## Links to PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations

## Fundamental Movement Skills overview

- Fundamental movement skills (FMS) are the basic movements traditionally associated with human physical activity.
- The most common FMS include skills such as running, jumping, throwing, catching, skipping, and hopping
- Mastery of fundamental movement skills allows pupils to then start exploring sport specific skills (SSS) in KS2

## Key vocabulary

- Run
- Jump
- Throw
- Catch
- Skip
- Hop
- Balance
- Space
- Safe
- Master

## Key skills

### Physical

- Further develop and expand on our six core fundamental movement skills
- Start to combine and apply skills into tasks

### Social & Emotional

- Taking turns
- Sharing
- Displaying resilience
- Working cooperatively & competitively

### Thinking

- Understanding of techniques
- Understanding of rules and tasks

## Physical development: Core fundamental movement skills

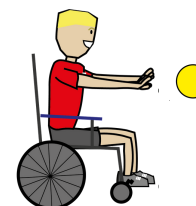
### Running



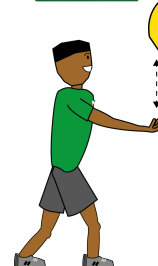
### Jumping



### Throwing



### Catching



### Skipping



### Hopping



## Key questions

1. Can we think of any other activities/sports where we may need to use fundamental movement skills?
2. What are our six core fundamental movement skills?

## By the end of the unit I should...

- Be starting to master most of our core fundamental movement skills with confidence and control
- Be able to combine skills in tasks/games with increasing fluency



## Whole child criteria: **Head** | **Hand** | **Heart**

### Year 1

- I can follow simple rules to complete tasks and games fairly and correctly
- I can coordinate my body to complete tasks and challenges
- I can demonstrate core fundamental movements:
  - Running
  - Skipping/galloping
  - Jumping
  - Hopping
  - Crawling
  - Throwing
  - Catching
- I can demonstrate agility, balance and coordination in my actions
- I can work collaboratively with others
- I am willing to practice and improve
- I can share a basic understanding of what happens to my body as we exercise

### Year 2

- I can link actions together for example running, throwing and catching
- I can start to apply the correct action into games/tasks
- I am starting to show an understanding of what success looks like and how to improve
- I can demonstrate core fundamental movements with control and consistency (mastery):
  - Running
  - Skipping/galloping
  - Jumping
  - Hopping
  - Crawling
  - Throwing
  - Catching
- I can demonstrate agility, balance and coordination in my actions consistently
- I can work collaboratively with others
- I can display patience and resilience when completing tasks
- I am willing to help others and receive feedback
- I have a basic understanding of what happens to my body as we exercise

### Year 3 (athletics)

- I can explain basic athletic running, jumping and throwing techniques
- I can start to provide feedback using key teaching points to aid improvement
- I can throw a variety of objects with accuracy
- I can perform with some consistency
- I can create short sequences of jumps and share with others
- I can take part in relay activities
- I can continue to explore setting and challenging a personal best
- I am able to work cooperatively and competitively with others
- I can explain the importance of a healthy, active lifestyle

## Other learning units

### (with similar transferrable skills)

- All units will have elements of fundamental movement skills

## Progression of physical skills

### Year 1

#### (developing)

- Running
- Galloping
- Side stepping
- Jumping
- Hopping
- Rolling a ball
- Underarm throw
- Kicking a ball
- Catching skills
- Striking/batting a static ball

### Year 2

#### (Starting to master - 'M')

- Running (M)
- Galloping (M)
- Side stepping (M)
- Jumping (M)
- Hopping (M)
- Rolling a ball (M)
- Throwing a ball (M)
- Kicking a ball (M)
- Catching skills (M)
- Dribbling skills
- Starting to strike/ball a moving ball
- Evasion skills

### Year 3

#### (Athletics)

- Pupils can show mastery across a range of fundamental movement skills:
  - Running
  - Relaying
  - Jumping combinations
  - Hopping
  - Throwing (push & pull)