



# Forest Town Primary School

## Physical Education

### Fundamental Movement Skills

Be Kind  
Be Adventurous  
Persevere  
Be Responsible  
Be Independent  
Be Together

## KS1

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. 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.

**Pupils should be taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

## KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

**Pupils should be taught to:**

- Use running, jumping, throwing and catching in isolation and combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

# FMS

EYFS	Year 1 - 2	Year 3-6
<p>Know how to stay safe using space.</p> <p>Know how to stop, go and change direction.</p> <p>Know how to:</p> <ul style="list-style-type: none"> <li>Balance</li> <li>Run</li> <li>Jump and land</li> <li>Hop and land</li> <li>Skip</li> <li>Gallop</li> <li>Slide</li> </ul> <p>Know how to travel in a range of ways using different body parts.</p> <p>Know how to handle a range of equipment developing fine and gross motor skills.</p> <p>Know how to work independently and with a partner to complete tasks.</p>	<p>Know how to stay safe using space.</p> <p>Know how to stop, go and change direction, moving with control.</p> <p>Know how to:</p> <ul style="list-style-type: none"> <li>Balance</li> <li>Run</li> <li>Sprint</li> <li>Dodge</li> <li>Jump and land</li> <li>Hop and land</li> <li>Skip</li> <li>Gallop</li> <li>Slide</li> <li>Skip with a rope</li> </ul> <p>Know how to travel in a range of ways using different body parts, changing movement qualities and dynamics to suit the task.</p> <p>Know how to handle an increasing range of equipment developing fine and gross motor skills.</p> <p>Know how to work independently and collaboratively with others, taking turns and sharing.</p> <p>Know how to observe and recognise improvements in their own and others' skills.</p>	<p>See sport specific knowledge organisers.</p>