



When will you see fundamental movement skills?

You will see FMS throughout all aspects of PE. In LKS2, you will see clear FMS lesson in order to give all children a clear foundation. In UKS2, You will see FMS being taught through sports not in discrete lessons.

YEAR 3

Show balance, co-ordination and technique when running at different speeds, stopping with control.

Throw a variety of objects, changing action for accuracy and distance.

Demonstrate balance when performing other fundamental skills.

Co-ordinate their bodies with increasing consistency in variety of activities.

YEAR 4

Demonstrate how and when to speed up and slow down whilst running

Link hopping and jumping actions with some control

Throw with some accuracy and power towards a target.

Demonstrate good balance when performing other fundamental skills

Show balance when changing direction at speed in combination with other skills

Begin to co-ordinate their bodies at speed in response to a task.

YEAR 5

Run at the appropriate speed over longer distances or for longer periods of time.

Show control at take-off and landing in more complex jumping activities.

Show accuracy and power when throwing for distance.

Demonstrate good balance and control when performing other fundamental skills.

Demonstrate improved body posture and speed when changing direction.

Co-ordinate a range of body parts at increased speeds.

YEAR 6

Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.

Show accuracy and the correct technique when throwing for distance.

Show fluency and control when travelling, landing, stopping and changing direction.

Change direction with a fluent action and can transition smoothly between varying speeds.

Co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.