



Fundamental Movement Skills

FMS

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can attempt all 10 FMS at immature level.	I am developing all FMS	I can reach a mature level in at least 8 FMS.	All FMS are at mature level. I am developing further movement skills.	I can use FMS in basic attack/defence games. I am further developing variety movement skills. I am developing a variety of skills in games and gymnastics.	I can use FMS in a variety of attack/defence games. I have developed a variety of skills in games and gymnastics.	I can use FMS and further skills in a variety of sports.

Physical Skills

Gymnastics/Dance

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can move safely with confidence.	I can perform a single skill. I am developing balance, agility and co-ordination, and am beginning to apply these in a range of activities	I can perform different skills including balance, agility and co-ordination, showing some control and consistency.	I can perform a range of skills and repeat. I can select and apply skills.	I can use a variety of movements and link actions effectively.	I can select and use a combination of skills and evaluate and improve my actions.	I can perform effectively, evaluate, improve and challenge myself.

Athletics

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 4	YEAR 6
I can use FMS in a variety of activities. I am developing balance, co-ordination, speed and agility.			I can develop basic hopping and jumping with balance and co-ordination.		I can improve co-ordination and rhythm in stepping and leaping sequences. I can develop	

			I can run around a curve and develop understanding of time and distance when running at speed. I can throw different weights and shapes of equipment.	different types of jump for height and distance I can accelerate from a variety of static positions and have a good understanding of time and distance. I can throw for distance and height.		
Games- Striking& Fielding / Net & Wall / Invasion						
EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can use FMS in a variety of activities. I am developing striking a ball off a tee standing sideways. I am developing ball skills - throwing, catching, kicking and control.			I can throw and catch as a fielder. I can strike a ball which is thrown with consistency. I am developing ball skills in a variety of games. I am developing simple tactics.		I have a good variety of skills and can play competitive games and apply basic principles suitable for attacking and defending.	
Swimming						
EYFS/KS1		YEAR 3/4			YEAR 5/6	
I enjoy being in water and moving about. I can glide with confidence and put face in water and blow bubbles. Enter and exit water safely and remain safe around water.		I can swim 10m unaided in shallow water using one basic method. Kick legs from the hip and identify when this needs improvements. Put face in water and blow bubbles. Enter and exit water safely and remain safe around water. Explain what dangers to identify around water.			I can swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively such as front crawl, backstroke and breaststroke; perform safe self-rescue in different water-based situations.	
Knowledge and Understanding						
EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I understand how my body can move.	I know I need to warm up my body before exercise.	I understand how healthy food and exercise can help me look after my body.	I can make healthier choices.	I understand how my choices can affect my health.	I understand how my attitudes and behaviour can support my health and well-being.	I am able to make informed decisions affecting my physical and emotional health.

Personal Skills

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I take part and enjoy working on a simple task.	I can follow instructions safely.	I can try several times on my own and ask for help when needed.	I know when I am challenged.	I cope well and react positively in team games.	I see new challenges as opportunities to improve my areas of weakness. I can set myself challenges.	I can create my own challenges and accept feedback.

Social Skills

EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
I can take turns and share. I use kind words and kind hands and feet.	I can work sensibly with others.	I can help others giving praise and encouragement.	I can show patience and support others. I can explain my ideas.	I can cooperate well, give helpful feedback. I can work in a group to organise roles and responsibilities.	I can give and receive sensitive feedback. I can negotiate and collaborate.	I can motivate myself and others to improve performance. I can seek advice and accept feedback.

Overview of Activities			
Year Group	Autumn	Spring	Summer
EYFS	FMS - Multi Skills	FMS- Multi Skills	FMS - Multi Skills
1	FMS - Multi Skills Dance	FMS- Multi Skills Games Gymnastics	FMS - Multi Skills Athletics Swimming
2	FMS - Multi skills Gymnastics	FMS -Games Gymnastics / Dance	FMS- Athletics Striking and Fielding Games
3	Games skills Gymnastics	Games skills- hockey/netball Gymnastics/ Dance Swimming	Games skills Athletics
4	Gymnastics Team games- hockey/netball	Gymnastics/ Dance Team/Invasion games	Athletics Striking and Fielding Games - Rounders (Swimming assessment for Y5 intervention)
5 & 6	Team Games Invasion games Gymnastics Swimming	Dance/Gymnastics Rugby/ Tennis	Rounders/Tennis Athletics (Swimming assessment for Y6 intervention)

NATIONAL CURRICULUM		
EYFS	KEY STAGE 1	KEY STAGE 2
30 - 50m	In Key stage one, children should: master basic movements such as running, jumping, throwing, 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 perform dances using simple movement patterns.	In Key stage two, children should: use running, jumping, catching and throwing in isolation and in combination play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics

ELG		perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones to achieve their personal best. <u>Swimming</u> All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively such as front crawl, backstroke and breaststroke Perform safe self-rescue in different water-based situations.
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