



## Fundamental Movement Skills

Children in Year 1 should develop fundamental movement skills, becoming increasingly more confident and competent in a range of gross movement skills such as Running, Jumping, Throwing, Catching, Bouncing, Kicking and Striking.



### Running

**All children in Year 1 should be taught to;**

- Run at different speeds
- Move along basic pathways, e.g. Straight Line, in a curve etc.
- Move safely and in space.

**Most of the children should be able to;**

- Run at different speeds, recognising the difference between walking, jogging and sprinting
- Move along a range of different pathways

**Some children will be able to;**

- Run at different speeds selecting the appropriate speed for that activity
- Move along a wide range of pathways at different speeds and will be able to think of their own pathways



### Jumping

**All children in Year 1 should be taught to;**

- Begin to use the correct technique for jumping as high and as far as they can
- Explore different types of jumps
- Land Safely
- Make a simple sequence of jumps

**Most of the children should be able to;**

- Jump as high and as far as possible using the correct techniques
- Use different ways of jumping
- Land Safely, with control
- Create a sequence of jumps and show it to a partner.

**Some children will be able to;**

- Use the correct technique for jumping for height and distance improving their performance
- Jump from a standing position with accuracy and control
- Land safely with control and technique
- Create and improve a sequence of jumps, acting on feedback.



### Throwing

**All children in Year 1 should be taught to;**

- Roll a ball
- Use a simple underarm throw
- Move along basic pathways, e.g. Straight Line, in a curve etc.

**Most of the children should be able to;**

- Use a simple overarm throw
- Use an underarm sling
- Throw a ball into a hoop

**Some children will be able to;**

- Roll a ball or a quoit along a line to a target with speed and control
- Use an extended arm overarm throw
- Use a sideways quoit throw
- Throw a ball at, or over a target



### Catching

**All children in Year 1 should be taught to;**

- Roll a ball and pick it up as it slows down
- Catch a ball with two hands

**Most of the children should be able to;**

- Roll a ball along a line or to a target and pick it up as it slows down.
- Catch a ball thrown by a partner, with two hands

**Some children will be able to;**

- Roll a ball or a quoit along a line or to a target with speed and control, then track it and stop it with two hands
- Catch a ball with one hand.
- Clap, or turn before catching a ball.



### Bouncing

**All children in Year 1 should be taught to;**

- Drop and catch a ball with two hands
- Push or pat the ball in a downwards motion

**Most of the children should be able to;**

- Catch the ball with two hands consistently after dropping the ball.
- Show repetition in bouncing
- Bounce along a pathway

**Some children will be able to;**

- Bounce using 1 hand
- Bounce the ball to a partner with accuracy.



## Kicking

### All children in Year 1 should be taught to;

- Use different parts of the foot to control and move with the ball
- Propel the ball forwards using a simple technique
- Move along basic pathways, e.g. Straight Line, in a curve etc. whilst dribbling the ball.

### Most of the children should be able to;

- Run at different speeds, recognising the difference between walking, jogging and sprinting
- Move along a range of different pathways

### Some children will be able to;

- Run at different speeds selecting the appropriate speed for that activity
- Move along a wide range of pathways at different speeds and will be able to think of their own pathways



## Striking

### All children in Year 1 should be taught to;

- Roll a ball and stop it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst standing still

### Most of the children should be able to;

- Roll a ball along a line or to a target hit it with a bat or racquet as it slows down
- Balance a ball on a bat or racquet whilst following a pathway

### Some children will be able to;

- Roll a ball or a quoit along a line or to a target with speed and control, then hit it with confidence
- Hit a ball that is sitting on top of a tee.
- Hit a moving ball, passed by a partner

Children develop Agility, Balance and Coordination and start to use these in a range of activities.

\*\* should be incorporated in all activities \*\*



### Agility

"The bodies ability to change direction quickly whilst remaining in control and balanced" e.g. Running whilst changing direction (5:10:5 agility challenge in school assessment protocol)



### Balance

"An even distribution of weight enabling someone or something to remain upright and steady" e.g. Landing with control (Broad Jump challenge in school assessment protocol)



### Coordination

"The ability to move two or more body parts under control, smoothly and efficiently" e.g. developed in every activity.



## Play in competitive team sports, developing attacking and defending principles

### All children in Year 1 should be taught to;

- Travel in at least two different ways e.g. running and side stepping.
- Stop travelling to change direction
- Begin to travel with a ball
- Pass a ball to another player over a short distance.

### Most of the children should be able to;

- Travel forwards, backwards and sideways
- Change direction when travelling
- Travel with a ball using their feet and hands
- Change direction while travelling with a ball
- Use their feet to pass to another player
- Pass the ball quickly whilst in a game situation
- Travel with and pass a ball to another player to score points in a game.

### Some children will be able to;

- Travel in different ways with control in order to get a useful space.
- Select the most appropriate way of travelling for the context of the game
- Keep good control of a ball while travelling with it.
- Pass the ball quickly and accurately to another player
- Make quick decisions about which player to pass to.



## Dance with simple movement patterns

### All children in Year 1 should be taught to;

- Move freely to music
- Dance in the wider space
- Move fast or slow
- Move high or low
- Move an object
- Make different shapes, at different levels
- Copy Movements
- Work on their own
- Use expressions to communicate feelings.

### Most of the children should be able to;

- Make a shape hold it and move about it in that shape
- Dance in their personal space and the wider space
- Dance (or pretend to dance) with an object to communicate an idea
- Move to the rhythm of the music
- Perform basic actions like turning, rolling, jumping, travelling, making a shape and holding it.
- Mirror movements
- Perform a Canon
- Perform in unison
- Change between fast and slow movements
- Remember simple movement patterns

### Some children will be able to;

- With a partner Dance (or pretend to dance) with an object to communicate an idea
- Move at high, medium and low levels
- Move at fast, slow and intermediate speeds.
- Reverse their pathway
- Improvise different ideas
- Lead a group in movement in response to stimuli
- Move smoothly between basic actions and movement patterns.