

## FUNDAMENTAL MOVEMENT SKILLS CURRICULUM OVERVIEW

	Autumn Term		Spring Term		Summer Term	
	1	2	3	4	5	6
VALUE FOCUS	<b>Determination</b> 	<b>Respect</b> 	<b>Self-Belief</b> 	<b>Passion</b> 	<b>Honesty</b> 	<b>Teamwork</b> 
Subject	<b><u>Basic Fundamental Movements</u></b> Master basic movements including; balance, coordination, agility, running, jumping, throwing and catching.					
Physical Development Gross Motor:	<b>Manipulation:</b> Sending: pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling.		<b>Locomotion:</b> walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging		<b>Stabilisation*:</b> balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting <ul style="list-style-type: none"> <li>• Receiving: pulling, catching, stopping and trapping.</li> <li>• Travelling with: dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting</li> </ul>	
Physical Development Fine Motor:	Fine motor skills - pen skills, cutlery pincer skills					

## INTRODUCTION

The development of children's Fundamental Movement Skills (FMS) at Beverley School is a significant step towards establishing a lifelong commitment to healthy, active lifestyles.

FMS are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports

These movements are performed both dynamically and statically in place.

Mastery of these skills is not just the ability to perform a given movement, but the ability to perform the movement in a proficient and controlled manner (often at speed).

Within the Beverley School Curriculum for Physical Education (PE) and other physical activities offered at school, we devote a significant amount of time and expertise to improving the fundamental motor skills of our pupils.

Having researched and analysed outstanding practice in teaching FMS globally, we have identified twelve FMS that we consider to be essential if our pupils are going to successfully participate in the many physical activities, games and sports offered at Beverley:

- the **static balance**;
- the **sprint run**;
- the **vertical jump**;
- the **catch**;
- the **hop**;
- the **side gallop**;
- the **skip**;
- the **overarm throw**;
- the **leap**;
- the **kick**;
- the **two-hand strike**;
- the **dodge**.

These twelve skills were selected because together they represent a solid formation for the development of specialised skills, enabling pupils to participate in a wide range of physical activities