

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: UKS2 Year A FMS

PoS aims from NC:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

Prior Learning (what pupils already know and can do)

Long-term Learning (what pupils MUST know and remember) End Goals

Core knowledge: Fundamental Movement skills

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.

FMS can be categorised under three headings:

Locomotion skills;

Stabilisation skills;

Object manipulation skills.

Examples of these skills are shown below:

Locomotion: walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.

Stabilisation*: balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting.

Manipulation: Sending: pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling.

Receiving: pulling, catching, stopping and trapping.

Travelling with: dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting.

* 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 Evelyn Street 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, 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 WPAT:

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.

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	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Static balance	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Sprint run	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Vertical jump	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Catch	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Hop	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Side gallop	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Skip	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Overarm throw	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Leap	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Kick	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Two-hand strike	White	Red	Yellow	Yellow	Green	Yellow	Yellow
Dodge	White	Red	Yellow	Yellow	Green	Yellow	Yellow

■ Focused teaching and learning, with an emphasis on the introductory components
■ Practice and development, with an emphasis on the fine-tuning components
■ Benchmark of when most pupils should demonstrate proficiency of the skill
■ Consolidation and application of skill in sport contexts, games and physical activities

Key Vocabulary

Target ,Footwork, Attack ,Defence, Formation, Fluency, Accurate, Collaboration, Balance, Teamwork, Tactic, Skill, Technique, Warm-up, Cool-down, Fitness, Control, Acceleration, Decision making Speed, Coordination, Fielding, Striking, Power, Performance Rule

Session 1

Skills: I can....

Sustain my pace when running

Motivate myself to do my best in a range of exercises

Knowledge: I know....

The physical and mental benefits of regular exercise

Why flexibility is important

Assessment: I can...

Can lead others in warming up, knows why it is important and can work actively across whole sessions

Session 2

Skills: I can....

Show determination and perseverance

Run for a period of time, maintaining a good pace

Knowledge: I know....

Why core strength is important in most sports

Why stamina is very important in some sports

Assessment: I can...

Knows what they need to do to improve and what others need to do to improve their performance.

Session 3

Skills: I can....

Perform a variety of exercises demonstrating good technique

Work with determination

Knowledge: I know....

How to develop all round strength for my body

Why relaxation and stretching is an important part of all athletes training

Assessment: I can...

Enjoys competing and challenging him/herself to improve across all areas.

Session 4

Skills: I can....

Perform exercises with control and good technique

Show a desire to improve on previous performances

Knowledge: I know....

Why it is important to warm up prior to exercise

How drinking water can rehydrate the body

Assessment: I can...

Can lead others in warming up, knows why it is important and can work actively across whole sessions

Session 5

Skills: I can....

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Improve on previous performances

Prepare properly for exercise

Knowledge: I know....

What factors have contributed to any improvement in performance

How to measure elements of fitness

Assessment: I can...

Knows what they need to do to improve and what others need to do to improve their performance.

Session 6

Skills: I can....

Communicate and negotiate with others to agree what we are going to do as a group

Work as part of a group to set up a circuit of exercises

Knowledge: I know....

What exercises will develop core strength

How to set up a circuit of exercises

Assessment: I can...

Enjoys competing and challenging him/herself to improve across all areas.

Future learning this content supports:

-Link skills with specific sports IE, striking can be linked with Football, Cricket and Tennis etc.

- The use of themed skills IE, Move like an animal.