

# Guide

Fundamental Movement Skills (FMS) are the building blocks of physical development. These core skills enable children to participate in a wide range of physical activities with confidence and competence. By mastering FMS early, pupils are better equipped to engage in more complex movements and activities as they grow.

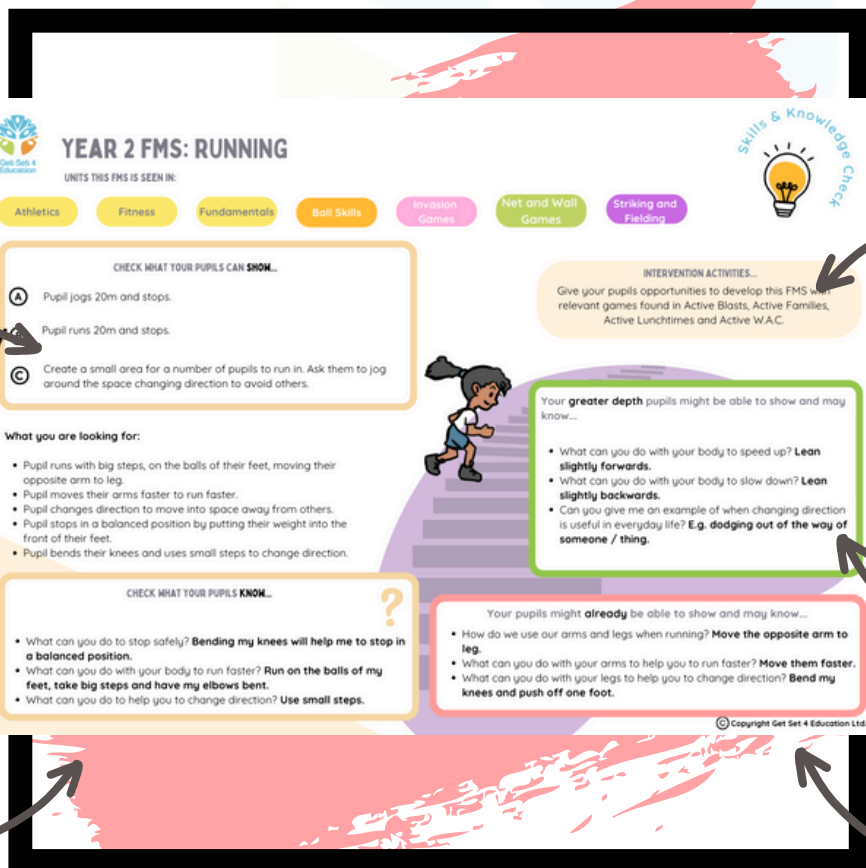
All of our units are underpinned by FMS. To support your pupils in laying these foundations of movement, we've created 'Skills and Knowledge Checks' for balance, running, jumping, throwing and catching to help identify and address any gaps in what your pupils know and can do.

## How to use them:

1 a

Use these activities to check what your pupils can do. Use points in 'What you are looking for' to support your observations.

Use these checks for your whole class or for individual pupils throughout the year. Make continuous observations of your pupils and repeat the relevant check for any pupils who need more support in the identified FMS.



3

Find these resources in Awesome Stuff and build them into your pupils' day.

1 b

Use these questions to check what your pupils know. The answers are in bold.

2

Use these questions for your greater depth learners. These are the questions asked of the year above.

2

Use these questions for learners who need more support. These are the questions asked of the year below.

## How to assess these FMS:

You can choose to enter the FMS onto your curriculum map as an alternative activity so that they appear on your assessment table.

Fitness	Athletics
Dance	Handball
FMS - Jumping	FMS - Running