

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.