KNOWLEDGE ORGANISER

PHYSICAL EDUCATION	Fundamental Movement Skills	YEAR 5/6

Cross curricular links

PSHE: Children learn about the importance of physical exercise and the impact this can have on our mental health.

Pictures/photos relevant to topic

Examples of the FMS:

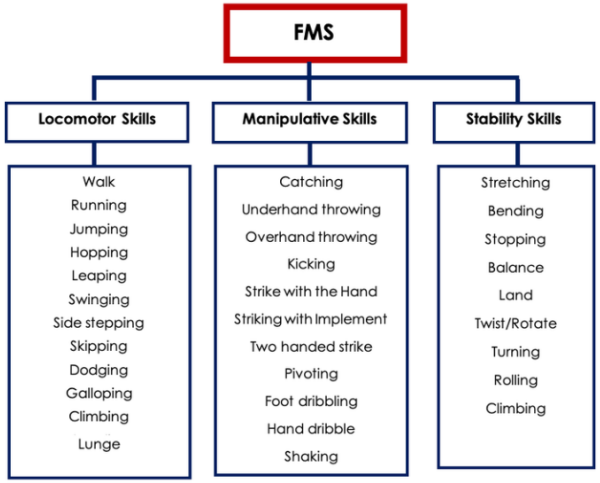

Figure 1. Categories of Fundamental Movement Skills

Key skills

Demonstrate a controlled running technique using appropriate speed over longer distances or for longer periods of time

Link running, jumping and hopping actions with greater control and coordination

Perform jumps for height and distance using good technique

Show fluency and control when travelling and changing direction

Change direction with a fluent action and can transition between speeds

Can coordinate a range of body parts with a fluent action at a speed appropriate to the task

Key Vocabulary/definitions

Locomotor skills: skills that involve moving from one place to another

Manipulative skills: body movements in which force is imparted to or received from objects.

Stability skills: movements where the body remains in place but moves around its horizontal and vertical axis.

Coordination - the ability to use different parts of the body together smoothly and efficiently.

Key facts

Fundamental movement skills (FMS) are the basic movements traditionally associated with human physical activity. The most common FMS include skills such as running, jumping, throwing, catching, skipping, and hopping.

The three main fundamental movement skills are: Locomotion (such as walking, running), manipulation (catching, throwing) and stabilisation

During FMS, children will develop competence and confidence in athletic skills. It will encourage them to be physically active for a sustained period, and to engage in competitive athletics which build character. It will also raise children's level of fitness.