



## KNOWLEDGE ORGANISER

PHYSICAL EDUCATION		Fundamental Movement Skills	YEAR 5/6
Cross curricular links		Key skills	Key Vocabulary/definitions
<p><b>PSHE:</b> Children learn about the importance of physical exercise and the impact this can have on our mental health.</p>		<p>Demonstrate a controlled running technique using appropriate speed over longer distances or for longer periods of time</p> <p>Link running, jumping and hopping actions with greater control and coordination</p> <p>Perform jumps for height and distance using good technique</p> <p>Show fluency and control when travelling and changing direction</p>	<p>Locomotor skills: skills that involve moving from one place to another</p> <p>Manipulative skills: body movements in which force is imparted to or received from objects.</p> <p>Stability skills: movements where the body remains in place but moves around its horizontal and vertical axis.</p>
Pictures/photos relevant to topic		<p>Change direction with a fluent action and can transition between speeds</p> <p>Can coordinate a range of body parts with a fluent action at a speed appropriate to the task</p>	<p>Coordination - the ability to use different parts of the body together smoothly and efficiently.</p>
<p>Examples of the FMS:</p> <div><div>FMS</div><div><div>Locomotor Skills</div><div>Walk Running Jumping Hopping Leaping Swinging Side stepping Skipping Dodging Galloping Climbing Lunge</div></div><div><div>Manipulative Skills</div><div>Catching Underhand throwing Overhand throwing Kicking Strike with the Hand Striking with Implement Two handed strike Pivoting Foot dribbling Hand dribble Shaking</div></div><div><div>Stability Skills</div><div>Stretching Bending Stopping Balance Land Twist/Rotate Turning Rolling Climbing</div></div></div>		<p><b>Key facts</b></p> <p>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.</p> <p>The three main fundamental movement skills are: Locomotion (such as walking, running), manipulation (catching, throwing) and stabilisation</p> <p>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 childrens level of fitness.</p>	