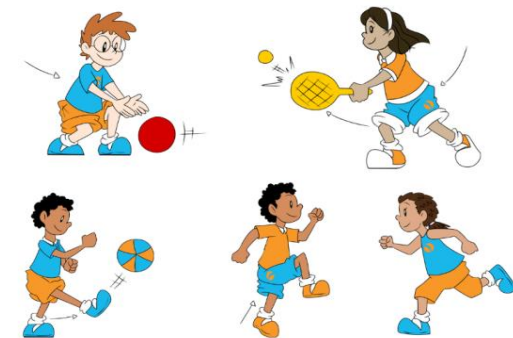


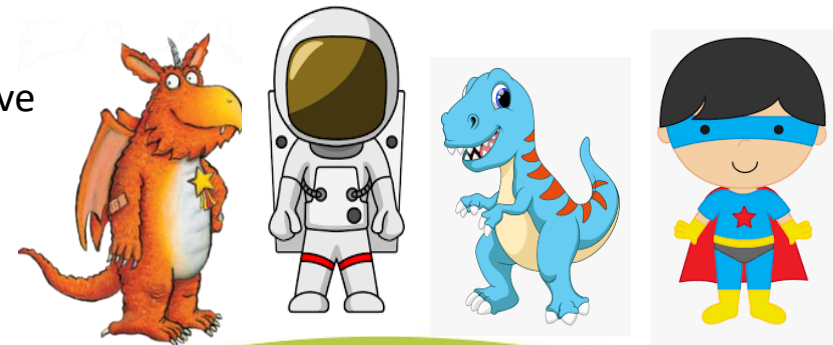
Why do we Focus on FMS Development in Foundation Stage and KS1?



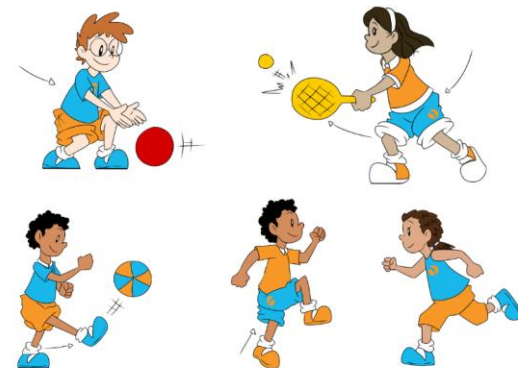
Fundamental Movement Skills



- Foundation Stage – FMS Focus is on the introduction of 6 skills:
- Run – Jump – Balance – Hop – Roll/Throw – Catch
- These are delivered through 6 week themed lesson plans including: Zog, Space, Dinosaurs and Superheroes. WLSP do not carry out any formal assessment of these topics.
- Children will also take part in Dance or Gymnastics with WLSP.
- In KS1 we add an additional 6 skills:
- Skip – Sidestep – Underarm throw – Overarm throw – Kick – Striking
- Children will also take part in Dance or Gymnastics with WLSP.
- Children are assessed on each of the 12 skills in KS1 and KS2 with children aiming to achieve two targets in year 1 and then four targets in year 2.
- In KS2 we start to focus on Fundamental Sport Skills and children take part in more sport specific activities such as Athletics, Invasion Games, OAA, Striking and Fielding and Target Games.



- **WHAT DO WE MEAN BY FUNDAMENTAL MOVEMENT SKILLS (PHYSICAL SKILLS)?**
- Early childhood is the optimal time to teach and learn fundamental movement skills. During this period young children are motivated and keen to master ways of moving, controlling their bodies and coordinating their movements.
- Fundamental Movement Skills (FMS) are a specific set of gross motor skills that involve different body parts. These skills are the building blocks for more complex skills that children will learn throughout their lives to competently participate in games, sports and recreational activities.
- Children do not naturally learn how to correctly perform FMS as part of their normal growth and development. It is essential that educators provide children with intentional opportunities to explore and practice these skills to encourage development and confidence in the FMS. The earlier that FMS are introduced through play and exploration, the more likely children will be to engage in physical activity throughout their lives, developing competence and confidence.

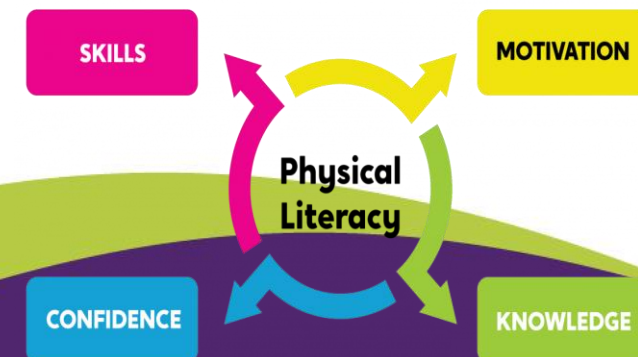


- **WHAT IS PHYSICAL LITERACY?**

- Fundamental Movement Skills (physical skills) + Confidence + Motivation + Knowledge + Understanding = Physical Literacy

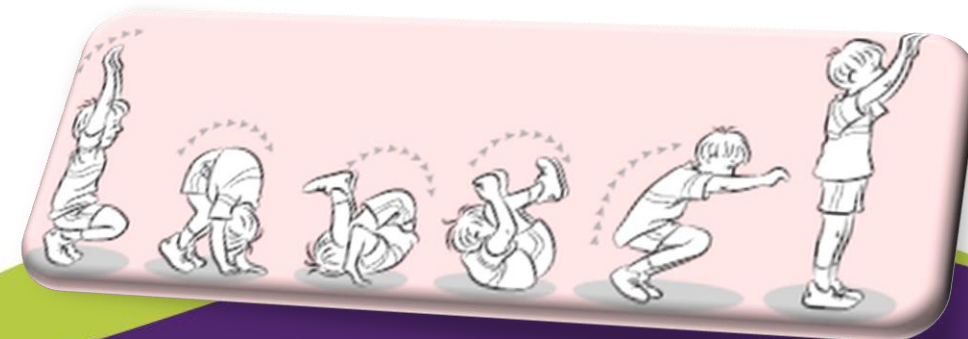
-
- With these elements a person is more likely to be physically literate – be happy, healthy and confident – and have the tools to enjoy being active.

- **Physical literacy** has been defined as the ability to move with competence and confidence in a wide variety of **physical** activities in multiple environments that benefit the healthy development of the whole person.



- **Body Management and Stability Skills**

- These skills involve balancing the body in stillness and in motion. Skills include balancing, climbing, and rolling.
- They are predominantly developed in gymnastic-type activities and form the basis for most other FMS.
- Without a solid grounding in body management skills, children will find the development of other motor patterns difficult.



- **Locomotor Skills**

- Locomotor skills involve transporting the body from A to B in a given direction.
- Examples of locomotor skills include running, skipping and jumping.



- **Manipulative/Object Control Skills**

- Manipulative skills are skills that involve imparting force with or on an external object.
- A good foundation in these skills are required for most team games.



