

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year A FMS

PoS aims from NC:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

Prior Learning (what pupils already know and can do)

Children access prior skills with EYFS and KS1 which are supplemented through a range of activities.

Long-term Learning (what pupils MUST know and remember) End Goals

Core knowledge: Fundamental Movement skills

The ordering of components as introductory or fine-tuning has been based upon studies which reported the percentage of children at different ages who had mastered each component of a skill. It has also been based on studies of childhood development which look at how children progressively develop control of their bodies.

Four FMS are introduced for focused teaching each year in Reception, Year 1 and Year 2; however, pupils will also be exposed to activities that include the other eight FMS. Giving pupils adequate opportunities to practise four skills each year should ensure that they develop proficiency in the introductory components of each skill by the end of that year.

Once pupils have developed the introductory components of a skill, it is important that teaching and learning shift focus to the development of the fine-tuning components. Our framework suggests that each skill needs a three-year period of practice and consolidation for this to occur.

An important aim of the WPAT Curriculum for PE is that our pupils should be able to demonstrate proficiency in all twelve FMS by the end of Year 6; however, with adequate learning and practice time, most pupils, given their stage of growth and development, should be able to demonstrate the FMS earlier than this, as indicated in our framework.

These movements are performed both dynamically and statically in place.

Mastery of these skills is not just the ability to perform a given movement, but the ability to perform the movement in a proficient and controlled manner (often at speed).

Within the WPAT Curriculum for Physical Education (PE) and other physical activities offered at our schools, we devote a significant amount of time and expertise to improving the fundamental motor skills of our pupils.

Having researched and analysed outstanding practice in teaching FMS, we have identified twelve FMS that we consider to be essential if our pupils are going to successfully participate in the many physical activities, games and sports offered at WPAT:

static balance, sprint run, vertical jump, catch, hop; side gallop, skip, overarm throw, leap; kick, two hand strike and dodge.

These twelve skills were selected because together they represent a solid formation for the development of specialised skills, enabling pupils to participate in a wide range of physical activities.

	Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Static balance	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Sprint run	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Vertical jump	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Catch	Red	Yellow	Yellow	Green	Yellow	Yellow	Yellow
Hop		Red	Yellow	Yellow	Green	Yellow	Yellow
Side gallop		Red	Yellow	Yellow	Green	Yellow	Yellow
Skip		Red	Yellow	Yellow	Green	Yellow	Yellow
Overarm throw		Red	Yellow	Yellow	Green	Yellow	Yellow
Leap		Red	Yellow	Yellow	Green	Yellow	Yellow
Kick		Red	Yellow	Yellow	Green	Yellow	Yellow
Two-hand strike		Red	Yellow	Yellow	Green	Yellow	Yellow
Dodge		Red	Yellow	Yellow	Green	Yellow	Yellow

■ Focused teaching and learning, with an emphasis on the introductory components
■ Practice and development, with an emphasis on the fine-tuning components
■ Benchmark of when most pupils should demonstrate proficiency of the skill
■ Consolidation and application of skill in sport contexts, games and physical activities

Key Vocabulary

Target ,Footwork, Attack ,Defence, Collaboration,

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Balance, Teamwork, Tactic, Skill, Technique, Warm-up, Cool-down, Fitness, Control, Acceleration, Decision making
Speed, Coordination, Fielding, Striking, Power, Performance and Rule

Session 1

Skills: I can..Hop, Move carefully retaining my balance

Knowledge: I know..

That focusing my eyes and using my arms helps me to balance better

To use my arms to help me hop

Assessment: I can..

Demonstrate agility, balance and coordination

Session 2

Skills: I can..

Travel backwards safely

Share space considerately

Knowledge: I know..

Potential dangers if I am not sensible

To glance periodically over both shoulders when travelling backwards

Assessment: I can..

Be self-motivated and display self-confidence

Session 3

Skills: I can..

Jump in a variety of ways

Land safely in different jumps

Combine a run and a jump

Knowledge: I know..

To make a W shape when I want to receive a catch

Which my preferred take off foot is

Assessment: I can..

Apply basic skills competently in a range of physical activities

Session 4

Skills: I can..

Dodge

Move safely with awareness of others

Knowledge: I know..

To travel around the space being aware of other sharing it with me

To stay focused and keep my head up when moving around

Assessment: I can..

Demonstrate agility, balance and coordination

Session 5

Skills: I can..

Evade others

Attack and defend

Knowledge: I know..

To always be focused and aware of what is going on

When to attack and when to defend

Assessment: I can..

Be self-motivated and display self-confidence

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Session 6

Skills: I can..

Punt a ball

Strike a ball accurately and with power with my laces

Knowledge: I know..

That a punt is a kick from my hands

That when kicking from the ground, I need to get my standing foot adjacent to the ball

Assessment: I can..

Apply basic skills competently in a range of physical activities

Future learning this content supports:

- Link skills with specific sports IE, striking can be linked with Football, Cricket and Tennis etc.
- The use of themed skills IE, Move like an animal.