

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year B 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
Kick			Red	Yellow	Yellow	Green	Yellow
Two-hand strike			Red	Yellow	Yellow	Green	Yellow
Dodge			Red	Yellow	Yellow	Green	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, Balance, Teamwork, Tactic, Skill, Technique, Warm-up, Cool-down, Fitness, Control, Acceleration, Decision making

• **Lesson 1**

Skills: I can..

- Warm up and cool down after exercise
- Sustain my performance even when tiring

Knowledge: I know..

- What stamina is and can you sustain physical exertion over periods of time
- How to adapt exercises to make them easier/harder

Assessment: I can..

- Warm up prior to exercise and are you able to sustain performance over periods of time

• **Lesson 2**

Skills: I can...

- Perform a variety of yoga poses
- I can retain my focus and concentrate on the quality of my own work

Knowledge: I know...

- What flexibility is and why it is important in life
- Why relaxation is important

Assessment: I can...

- Reflect and recognise success in myself and others

• **Lesson 3**

Skills: I can..

- Demonstrate good core strength
- Keep going even when my muscles are really fatiguing

Knowledge: I know..

- Why core strength and flexibility are important in almost every sport
- A range of exercises that can help me develop my fitness

Assessment: I can..

- Enjoys competing / performing and thrives on showcasing their talents

• **Lesson 4**

Skills: I can...

- Jump dynamically
- Land safely

Knowledge: I know...

- What plyometrics are and how practising them can benefit me in PE
- What area of fitness plyometrics is developing

Assessment: I can...

- Warm up prior to exercise and are you able to sustain performance over periods of time

• Lesson 5

Skills: I can...

- Start and finish a sprint race with good technique
- Demonstrate good sprinting technique

Knowledge: I know...

- What different parts of my body should be doing when I am sprinting
- How to start and finish a sprint race

Assessment: I can...

- Reflect and recognise success in myself and others

• Lesson 6

Skills: I can...

- Refine my techniques
- Improve on previous personal bests

Knowledge: I know...

- Why it is important to cool down and stretch after vigorous exercise

Assessment: I can...

- Enjoys competing / performing and thrives on showcasing their talents

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.

