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| **Fundamental movement skills Medium Term Plan Lower KS2****NC POS:** 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**Concepts:** Joy of movement, personal challenge, building resilience **Key vocabulary:** Target ,Footwork, Attack ,Defence, Collaboration,Balance, Teamwork, Tactic, Skill, Technique, Warm-up, Cool-down, Fitness, Control, Acceleration, Decision making Speed, Coordination, Fielding, Striking, Power, Performance and Rule **Prior learning:** Physical literacy Y1 and Y2  |
| **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. |
| **Wider influences- Worth being familiar with** Children also need to be provided with:* developmentally appropriate activities and equipment;
* visual demonstrations of skills;
* instruction and feedback;
* a variety of activities, with a focus on fun and challenge;
* encouragement;
* a safe and positive learning environment.
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| **Enduring understanding**Year 3 End of unit-Static balance- This stabilisation skill should be being demonstrated with creativity and control, children should understand the importance of balance within all aspects of PE.Sprint Run- Children should be able to competently and confidently apply the right technique when sprinting.Vertical Jump- Children should be able to jump with control and land in the correct way.Catch- Children should be able to catch In a variety of ways.Year 4 End of unit-By the end of lower KS2 each child should be proficient in demonstrating a Static balance, Sprint Run, Vertical Jump and Catching, these must be able to be done in isolation and combination. Children should show creativity and control in these four fundamentals as well as developing and practicing the other eight. |
| **Local Links :** * **Local sports clubs**
* **Warrington Town FC**
* **Warrington Wolves**
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