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| **Fundamental movement skills Medium Term Plan Upper 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 movementBuilding ResiliencePersonal challengeCritical thinking and Action**Key vocabulary:** Target ,Footwork, Attack ,Defence, Formation, Fluency, Accurate, Collaboration, Balance, Teamwork, Tactic, Skill, Technique, Warm-up, Cool-down, Fitness, Control, Acceleration, Decision making Speed, Coordination, Fielding, Striking, Power, Performance Rule**Prior learning:** Physical literacy Y1 and Y2, FMS Y3 AND Y4  |
| **Core knowledge: Fundamental Movement skills** FMS are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports.FMS can be categorised under three headings: Locomotion skills;Stabilisation skills;Object manipulation skills.Examples of these skills are shown below:Locomotion: walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.Stabilisation\*: balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting. Manipulation: Sending: pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling. Receiving: pulling, catching, stopping and trapping. Travelling with: dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting. \* 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 school, 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:the static balance;the sprint run;the vertical jump;the catch;the hop;the side gallop;the skip;the overarm throw;the leap;the kick;the two-hand strike;the 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 5 End of unit- Children should by this point be proficient in the first eight FMS, children should start to use the majority of skills in a sport specific way. Some children will have fully consolidated the skills and will be able to apply them in a variety of ways.Year 6 End of unit- By the end of this unit children should be able to have mastered all of the FMS, they should be competent, confident and creative in the way they perform each skill.  |
| **Local Links :** * **Local sports clubs**
* **Warrington Town FC**
* **Warrington Wolves**
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