



#AimHighSucceedBeHappy

West Meadows Primary School

Developing Fundamental Movement Skills

	FS2-Y1	Y2-3	Y4-6
Motor Skills	<ul style="list-style-type: none"> • Different ways of moving • Running in space. • Jumping (Height) 	<ul style="list-style-type: none"> • Running • Dodging from long distance • Jumping (Over things) 	<ul style="list-style-type: none"> • Running different distances and change of pace • Dodging in a game situation • Jumping (over things)
Object Control	<ul style="list-style-type: none"> • Catching a ball (Small/Large) • Underarm rolling/throwing • Kicking a ball • Striking a bouncing ball 	<ul style="list-style-type: none"> • Catching a ball (Small) • Kicking/Dribbling a ball • Underarm/Overarm throwing • Striking a ball (Two Hands) 	<ul style="list-style-type: none"> • Catching a ball confidently (Small) • Kicking/Dribbling a moving ball • Underarm/Overarm throwing • Striking a ball (One Hand)
Stability	<ul style="list-style-type: none"> • Balancing objects on body parts • Static Balances • Dynamic Balance 	<ul style="list-style-type: none"> • Landing • Static Balances (cooperative) • Dynamic Balance 	<ul style="list-style-type: none"> • Jumping/Landing • Static Balances (cooperative) • Dynamic Balance (Sequencing)

Motor Skills	Object Control Skills	Stability Skills
Walking Running <ul style="list-style-type: none">- Short- Long Sprinting Skipping Jumping Hopping Dodging	Throwing Catching Striking Kicking	Static Dynamic Landing