

# Physical Development/Fundamental movement skills

Fundamental Movement Skills (FMS) research shows that the development of FMS is incredibly vital to a person's lifelong commitment to healthy, active lifestyles.

FMS act as the building blocks for developing competent movers. They are the skills which children need to participate successfully in all types of games, physical activities and sporting activities .

FMS can be categorised under three subheadings:

- **Locomotor skills;**
- **Stability (Dynamic & static) skills;**
- **Object control skills.**

## **Locomotion:**

walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.

## **Stability (Dynamic/Static)**

balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting

## **Object control:**

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.

Each dedicated weekly session will have 3 focus tasks each directly aligned to each of the three above areas. This will maximise our pupils opportunity to experience and develop a broad range of FMS