

MOVING

EDSTART

EYFS - Fundamental Movement Skills

Locomotor Skills - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Know how to safely find space and move around avoiding obstacles
- Safely under control stop and start running/moving
- Travel at various speeds and can change the way they are travelling
- Move around safely whilst holding various pieces of sporting equipment
- Change speed and direction safely and under control
- Understand the difference between rolling, bouncing and throwing and develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
- Dodge, avoid and find space when running
- Jump/leap and land safely under control and combine different movements with ease and fluency
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing, whilst safely negotiating space
- Watch the flight/path of an object and know what equipment can be used to further develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming

Learning Objective

Learning Outcomes

- 1 To safely move around at different speeds, heights and being able to stop and start under control**

Children can:

- Know how to safely find space and move around avoiding obstacles
- Travel at various speeds and can change the way they are travelling
- Safely under control stop and start running/moving
- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing

- 2 To walk, move and run whilst using various pieces of equipment**

Children can:

- Move around safely whilst holding various pieces of sporting equipment
- Know how to stop/start running whilst using various pieces of equipment
- Change speed and direction safely and under control
- Develop overall body strength, balance, coordination and agility

- 3 To move around using various techniques**

Children can:

- Develop confidence, competence, precision and accuracy when engaging in movement
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing, whilst safely negotiating space

- 4 To walk, run, stop and start using different commands**

Children can:

- Follow simple movement patterns
- Dodge, avoid and find space when running
- Stop and start quickly following set instructions
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

- 5 To negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles**

Children can:

- Negotiate space and avoid obstacles with consideration for themselves and others
- Know how to change direction quickly and under control
- Understand racing and chasing games and how to avoid getting caught
- Demonstrate strength, balance and coordination when playing

- 6 To play small team games involving different types of movement**

Children can:

- Jump/leap and land safely under control
- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming

Nursery

Assessment Mark

Requirements

Working Towards

- Retain key information
- Enjoy starting to kick, throw and catch balls
- Walk, run, jump and climb – and start to use the stairs independently
- Match their developing physical skills to tasks and activities in the setting

On Target

- Show a preference for a dominant hand
- Understand basic rules
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Skip, hop, stand on one leg and hold a pose for a game like musical statues

Above Target

- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Further develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Combine different movements with ease and fluency
- Can identify changes in their own body as an effect of exercise

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

Reception

Assessment Mark

Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Skip, hop, stand on one leg and hold a pose for a game like musical statues

On Target

- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Further develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Combine different movements with ease and fluency
- Can identify changes in their own body as an effect of exercise

Above Target

- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing
- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Can adapt changes in direction and speed in varied situations
- Utilises space in order to achieve success
- Uses more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)
- Can use basic throwing techniques to hit large targets

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.