

FUNDAMENTAL MOVEMENT SKILLS

KEY RULES

Basics: This unit focuses on developing agility, balance, and coordination through object control activities. Children learn to move safely, change direction quickly, and handle different types of equipment with confidence. Each lesson encourages teamwork, fun, and problem-solving through throwing, catching, dribbling, and dodging.

Movement and Agility: Pupils practise moving in different ways – running, hopping, skipping, and jumping – while keeping control of their bodies. They learn to stop, start, and change direction safely when avoiding others or objects. Listening to instructions and staying aware of space are key parts of every activity.

Throwing and Catching: Children explore rolling, underarm throwing, and catching using a variety of objects such as beanbags, soft balls, and hoops. They focus on keeping eyes on the target, stepping toward it, and using “soft hands” to catch. The aim is accuracy and control, not just power.

Dribbling and Object Control: Children learn to dribble using both hands and feet. They use light touches, controlled movements, and awareness of others while moving around the space. They begin to apply these skills in small games and challenges where control and teamwork are more important than winning.

Dodging and Reaction: Dodging activities help develop quick reactions and body awareness. Children practise moving into space, avoiding defenders, and using short, sharp turns to stay balanced. These skills support a wide range of invasion and movement games in later PE.

Fair Play and Safety: Rules focus on sharing, taking turns, and being kind to others. Pupils should listen to instructions, keep equipment under control, and look where they are going. Games are played safely with clear boundaries, and every child is encouraged to try their best.

NATIONAL GOVERNING BODY (NGB)

There is no single NGB for Fundamental Movement Skills; however, delivery is guided by UK-wide PE frameworks and professional associations supporting primary movement and early sport skills:

Association for Physical Education (afPE): <https://www.afpe.org.uk>

Youth Sport Trust: <https://www.youthsporttrust.org>

Sport England – Children and Young People: <https://www.sportengland.org>

UK Coaching – Fundamental Skills: <https://www.ukcoaching.org>