

MOVING

EDSTART

EYFS - FMS Body Control

Unit of Work - Nursery

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- travel safely in a variety of ways using different speeds, directions and levels.
- move confidently into space whilst showing awareness of others around them.
- stop, start and change direction with control during movement activities.
- balance using different body parts and hold still shapes with increasing stability.
- jump, hop, land and travel with control and coordination.
- use their body creatively to explore different movements, shapes and balances.
- follow instructions, take turns and work safely with others during physical activity.
- talk about their movement and show confidence when performing different physical skills.

Learning Objective

Learning Outcomes

1 To be able to travel in different ways and move safely into space.

- Children can:**
- move safely around the space.
 - travel in different ways.
 - stop and start safely.
 - balance whilst moving.

2 To be able to change direction and speed whilst travelling safely.

- Children can:**
- stop and start safely.
 - change direction quickly.
 - move at different speeds.
 - follow movement instructions.

3 To be able to travel using different body parts and movements.

- Children can:**
- move using different body parts.
 - balance carefully.
 - crawl, hop, and jump safely.
 - travel in different ways.

4 To be able to create different body shapes whilst balancing.

- Children can:**
- make tall, wide, and curled shapes.
 - balance with control.
 - hold still balances.
 - move safely around others.

5 To be able to jump and land safely with control.

- Children can:**
- jump with two feet.
 - land safely.
 - hop and leap.
 - balance after landing.

6 To be able to balance safely using different body parts.

- Children can:**
- balance on one foot.
 - freeze safely.
 - move with control.
 - use different body parts.

Assessment Mark Requirements

**Working
Towards**

- Can join in with movement activities with support and encouragement.
- Beginning to travel in different ways but may lose balance or control at times.
- Attempts simple balances and jumps with some success.
- Needs reminders to use space safely and follow instructions.

On Target

- Can travel confidently in different ways using space safely.
- Can stop, start, change direction, jump and balance with control during activities.
- Can perform simple body shapes and balances independently.
- Follows instructions, takes turns and works positively with others.

**Above
Target**

- Can perform a wide range of movements with good control, balance and coordination.
- Can adapt speed, direction and movement style confidently during challenges.
- Can hold balances and body shapes with increasing strength and stability.
- Demonstrates confidence, resilience and encourages others during activities.

Excelling

- Can combine travelling, balancing and jumping skills fluently and independently in different activities.
- Can move with excellent control, coordination and awareness of space.
- Can create and perform a variety of shapes, balances and movements creatively and confidently.
- Shows leadership through teamwork, resilience, encouragement and reflection on learning.

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**.

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