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| Fundamental Movement |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|  | * Attempt to run at different speeds showing an awareness of technique.
* Begin to link running and jumping movements with some control.
* Throw towards a target.
* Show some control and balance when travelling at different speeds.
* Begin to show balance and co-ordination when changing direction.
* Use co-ordination with and without equipment.
 | * Show balance and co-ordination when running at different speeds.
* Link running and jumping movements with some control.
* Show hopping and jumping movements with some balance and control.
* Change technique to throw for distance.
* Show control and balance when travelling at different speeds.
* Show control and balance when travelling at different speeds.
* Perform actions with increased control when co-ordinating their body with and without equipment.
 | * Show balance, co-ordination and technique when running at different speeds, stopping with control.
* Link running, hopping and jumping actions using different take offs and landing.
* Jump for distance and height with an awareness of technique.
* Throw a variety of objects, changing action for accuracy and distance.
* Demonstrate balance when performing other fundamental skills.
* Show balance when changing direction in combination with other skills.
* Can co-ordinate their bodies with increased consistency in a variety of activities.
 | * Demonstrate how and when to speed up and slow down when running.
* Link hopping and jumping actions with some control.
* Jump for distance and height showing balance and control.
* Throw with some accuracy and power towards a target area.
* Demonstrate good balance when performing other fundamental skills.
* Show balance when changing direction at speed in combination with other skills
* Begin to co-ordinate their body at speed in response to a task
 | * Run at the appropriate speed over longer distances or for longer periods of time.
* Show control at take-off and landing in more complex jumping activities
* Perform a range of more complex jumps showing some technique.
* Show accuracy and power when throwing for distance
* Demonstrate good balance and control when performing other fundamental skills
* Demonstrate improved body posture and speed when changing direction.
* Can co-ordinate a range of body parts at increased speed
 | * Demonstrate a controlled running technique using the appropriate speed over longer distances or for longer periods of time.
* Link running, jumping and hopping actions with greater control and co-ordination
* Perform jumps for height and distance using good technique.
* Show accuracy and good technique when throwing for distance
* Show fluency and control when travelling, landing, stopping and changing direction.
* Change direction with a fluent action and can transition smoothly between varying speeds.
* Can co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge.
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