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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. |