

# Fundamental

# Movement Skills

Key stage one illustrations



# Fundamental Movement Skill - Introduction

This booklet has been written to support teachers understanding of how children develop fundamental movement skills (FMS)

NC 2014 states that pupils should develop fundamental movement skills and that by the end of KS1 children should have been taught to master basic movements such as running, jumping, throwing and catching.

## Fundamental Movement Skills (FMS)

The Fundamental movement phase of movement skill acquisition ranges from 2 to 7 years of age. Fundamental movement skills are basic movements such as throwing, kicking, running, jumping, hopping and catching which have specific observable patterns.

A simple way of looking at this movement phase is Gallahue's three stages of development.

It is generally recognised that there are three broad stages of development. It is also acknowledged that these are simply

an aid for comparison and description as children may demonstrate traits across two stages depending on the skill.

Fundamental movement skills can be viewed in stages along a continuum, progressing from the immature stage through the developing stage to the mature stage. Children do not pick up fundamental movement skills naturally as part of their normal growth and development. Although children have the potential to be at the mature level at the end of KS1 they may lag behind some skills because of lack of opportunities and practice. It is estimated that it takes 240 and 600 minutes of instruction time to become proficient in one fundamental movement skill. Therefore children of the same age can be at different stages in their development of these skills. Movement skills are age related but not age dependent.

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## Teaching prompts

### Lancashire Key Fundamental Movement Skills

In the Lancashire KS1 PE Scheme of Work there are 10 key FMS that are used as a baseline in Y1 and then reassessed at the end of Y2. These key skills are:

- Running fast
- Hopping
- Skipping
- Jumping
- Underarm throw
- Overarm throw
- Rolling a ball
- Bouncing a ball
- Kicking a ball
- Catching

The following pages show each skill and the three stages of development, (immature, developing, and mature) with specific points to look for at each stage.

## Teaching Prompts

– these are examples you could use or adapt after observing the child to see what aspects of the skill they need to work on

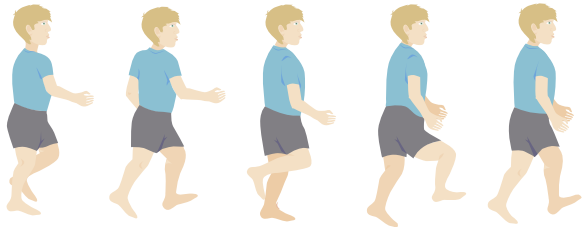
## Teaching Strategies

– these are examples of strategies that could be used to help children move through the stages. The initial strategies are designed for children at the immature level to support their development to the next level.



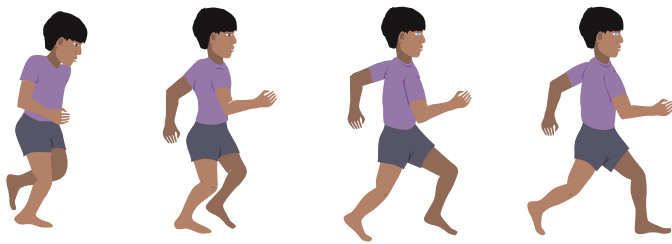
# Fundamental Movement Skill - Running Fast

Running is a locomotor skill where for a brief period both feet are simultaneously off the ground. This is called the flight phase. Observe from a side on position.



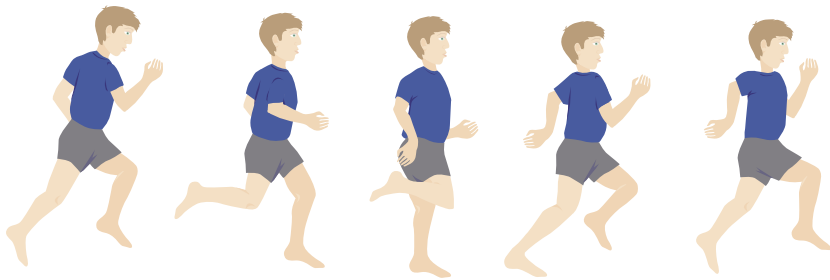
## Immature

- Leg swing is limited
- No obvious flight phase
- Stiff, short arm swing
- Legs and feet swing out from the body



## Developing

- Limited flight phase
- Increase in length of stride and arm swing
- Back leg extends to push off



## Mature

- Definite flight phase
- Stride length at max
- Complete extension of support leg
- Arms bent at 90 degrees and swing back and forwards in opposition to legs
- Non-support knee bends 90 degrees

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## Teaching prompts

- Head still and look forward
- Lift your knees
- Swing arms in opposition to legs
- Push off with the balls of your feet
- Elbows bent at 90 degrees,
- Bring your heel close to your bottom
- Lean forward

## Teaching Strategies

- Encourage high knee lifts using marching songs
- Practise swinging arms backwards and forwards like trains
- Run to pick up objects
- Show children how to slow down after running fast by leaning backwards
- Challenge the children by using guided discovery strategies

# Fundamental Movement Skill - Hopping

Hopping is a continuous rhythmical locomotor skill. A hop is characterised by taking off and landing on the same leg. It is used in playground games and athletics.



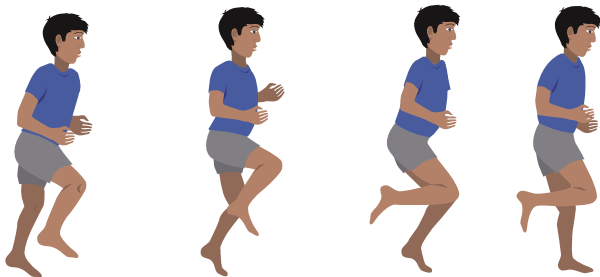
## Immature

- Body upright
- Little height obtained in single hop
- Balance lost easily
- Limited to 1 or 2 hops



## Developing

- Slight forward lean
- Arms move forwards and backwards vigorously
- Knees bend on landing
- Balance is poorly controlled



## Mature

- Non hopping leg is used to support take off and momentum of the hop with a rhythmical action
- Greater body lean
- Arms are co-ordinated with take off
- Lands and pushes off from the ball of the foot
- Hopping is rhythmical and continuous

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## Teaching prompts

- Bend your leg to push off
- Take off and land on the same foot.  
Land on the ball of your foot
- Use your arms for balance
- Push off from your toes in take off
- Look ahead, use your arms for balance

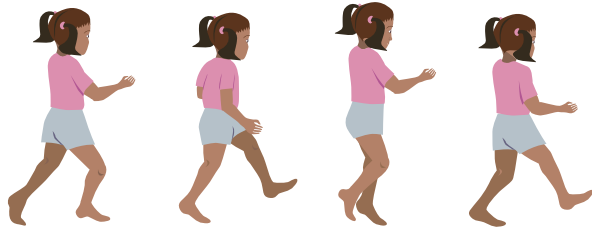
## Teaching Strategies

- Provide activities that make use of their favourite foot
- Practise single leg balances
- Increase the number of hops
- Encourage the children to hop on either leg in different directions
- Challenge children to hop in patterns i.e. L-L, R-R, L-L, R-R etc stationary then travelling
- Design a hopping game



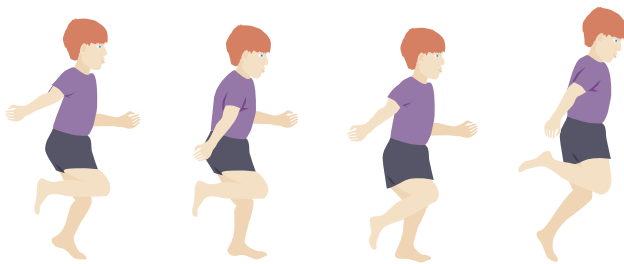
# Fundamental Movement Skill - Skipping

Skipping is a locomotor fundamental skill used in a variety of games and dance activities. It is a long step then hop first on one foot then the other.



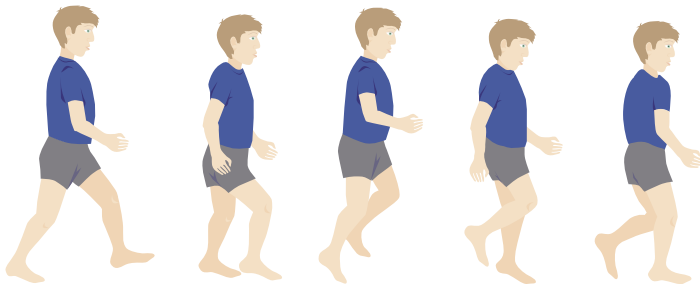
## Immature

- A step hop can be seen but tends to be double hop or double step.
- Arms not coordinated
- Skipping appears un coordinated



## Developing

- Step-hop is more co-ordinated
- Arms move rhythmically to aid skipping action
- Landing is flat footed
- Exaggerated vertical lift on hop



## Mature

- Step-hop pattern is co-ordinated and smooth
- Arms are used rhythmically in opposition to legs
- Low vertical lift on hop
- Land on ball of foot

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## Teaching prompts

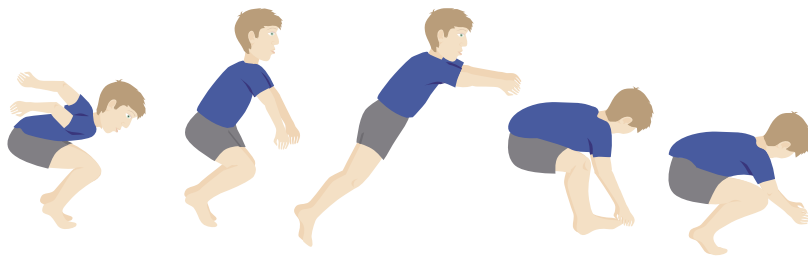
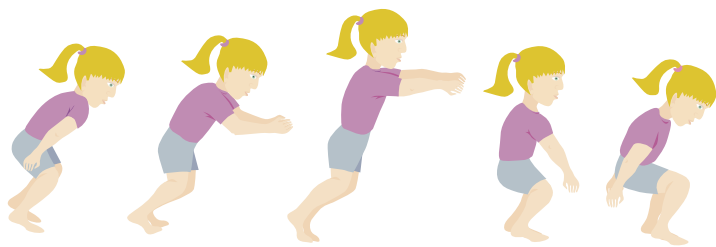
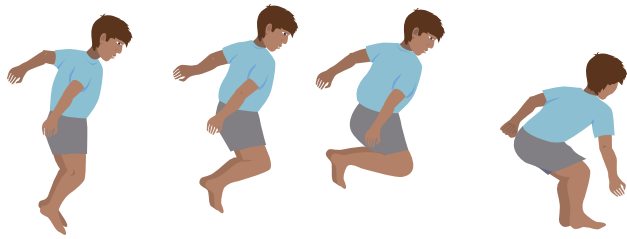
- Step forward and hop on the same foot
- Repeat with the other foot
- Lift your knee up
- Keep eyes straight ahead
- Use light springing steps

## Teaching Strategies

- Children should be able to hop well on either leg before attempting to skip
- Use music or hand clapping for the step-hop beat
- Use songs, poems whilst skipping
- Challenge the children to skip in different directions/speeds with a partner

# Fundamental Movement Skill - Jump for Distance

Jump for distance is an important fundamental movement skill. When teaching this skill emphasise the importance of landing safely.



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## Immature

- Limited arm swing
- Arms move wildly in flight to maintain balance
- Body moves vertically; little emphasis on length of jump.
- Difficulty in using legs and feet at take off

## Developing

- Arms initiate jumping action
- Arms remain towards front of body during crouch
- Arms move to side during flight to maintain balance
- Extension of legs and feet more consistent

## Mature

- Arms swing back behind body in preparation
- Crouch is deeper and more consistent
- Arms swing forward with force during take-off and reach high
- Full extension of legs and feet at take off
- Body leans forward at landing

## Teaching prompts

- Crouch by bending knees
- Swing arms back, the forwards quickly
- Explode forward from coiled position
- Push off from toes – toes are last to leave the ground
- Heels contact first and knees bend to absorb the shock.

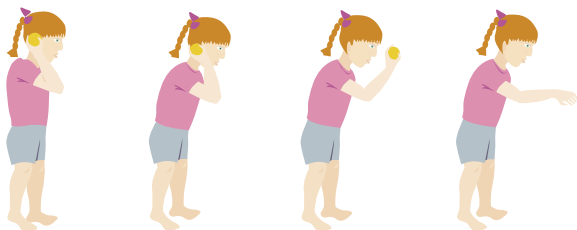
## Teaching Strategies

- Emphasise the importance of the arm movement
- Use imagery – “can you uncoil like a spring?”  
“Can you land as softly as a fairy?”
- Use guided discovery strategies -  
“What happens if..? “Can you jump further if..?”
- Challenge the children – “Can you jump as long as you are high?”



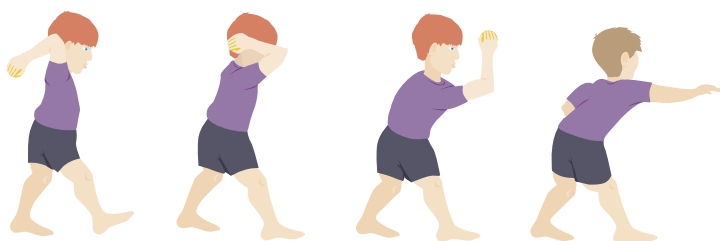
# Fundamental Movement Skill - Overarm throw

The overarm throw is a fundamental manipulative skill that is used in many sports such as cricket, rounders, tennis, volleyball, netball, and athletics.



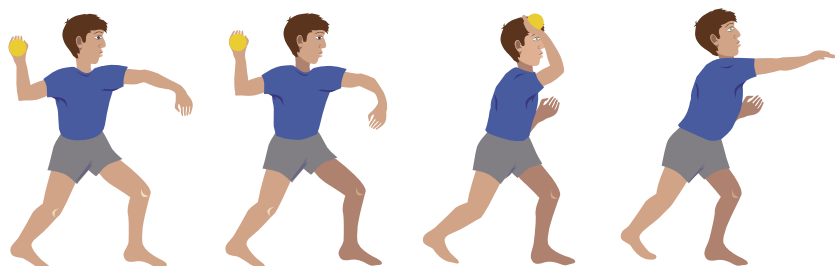
## Immature

- Action is mainly from the elbow and resembles a push
- Body faces target and rotates very little
- Follow through is forwards and downwards
- Feet remain still



## Developing

- Arm is swung back and forwards high over shoulder
- Steps forward with same leg as throwing arm
- Body and shoulders turn toward throwing side



## Mature

- Arm is swung backward in preparation
- Opposite arm is raised for balance/direction
- Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.
- Definite turning of the body through legs, hips and shoulders

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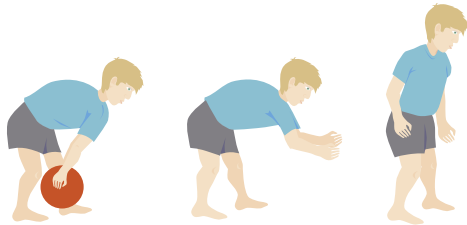
## Teaching prompts

- Look at the target
- Position yourself side on to the target
- Point to the target with your non-throwing arm
- Step forward with opposite foot to throwing arm towards target
- Follow through with your throwing arm down and across your body

## Teaching Strategies

- Concentrate on throwing for distance rather than accuracy
- Provide a cue indicating which foot should step forward
- Challenge the children to throw greater distances
- Practise a run up
- Work for distance, then speed then accuracy

# Fundamental Movement Skill - Rolling a Ball



## Immature

- Ball is held with hands on side, palms facing each other
- Bend at waist
- Forward arm swing and body lifts with release of ball



## Developing

- Ball held with one hand on the top and the other on the bottom of the ball
- Arm swings ball to back but without weight transfer
- Ball released between knee and waist level
- Eyes monitor target and ball



## Mature

- Opposite foot to arm forward
- Ball held in opposite hand to forward foot
- Distinct knee bend
- Forward swing transferring weight from rear to front
- Release at knee level or below
- Eyes are on the target throughout

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## Teaching prompts

- Stand with opposite foot forward
- Swing your arm back as you rock on your rear foot
- Let go of the ball when it is in front of your leading foot
- Follow through with your swing in the direction of your leading foot
- Eyes on the ball

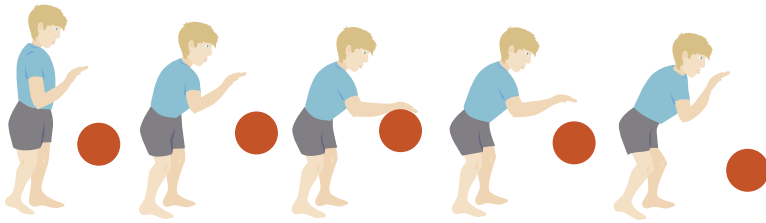
## Teaching Strategies

- Roll a ball along the ground:- with opposite foot to rolling arm stepping forwards
- increasing the distance of the roll.
- towards a target
- to targets of decreasing sizes
- Practise with larger balls first then smaller
- After mastering the basic pattern work towards increasing distance and accuracy requirements



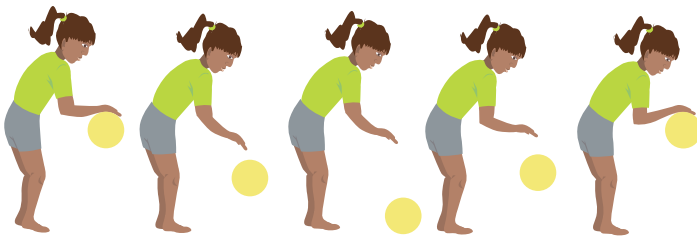
# Fundamental Movement Skill - Bounce a ball

Bouncing a ball is a fundamental movement that involves receiving force from a ball and then immediately imparting force on the ball in a downward direction.



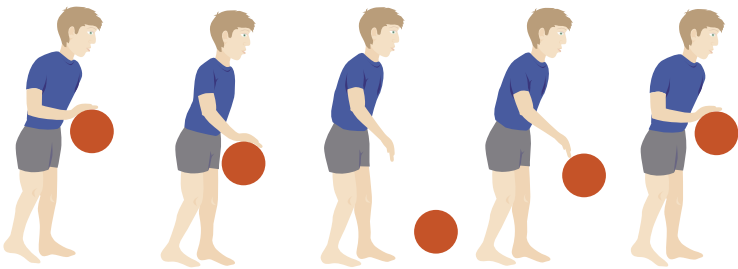
## Immature

- Ball held with both hands, palms facing each other
- Bounce the ball downwards with both hands
- Little control of the ball, bounces at varied heights



## Developing

- Ball held with one hand on top the other underneath
- Top hand pushes ball down
- Hand slaps the ball when bouncing it
- Eyes on the ball
- Limited control of the ball



## Mature

- Ball held at waist height
- Ball pushed down to ground, following through with arm, wrist and fingers
- Relaxed fingertips control the bounce
- Can control the height of the bounce consistently

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## Teaching prompts

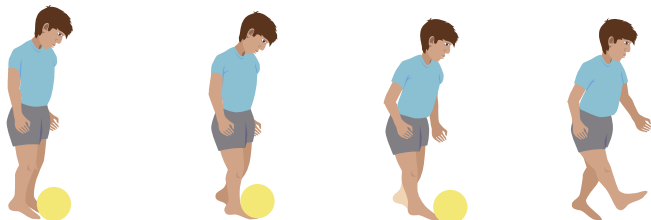
- Push the ball down
- our wrist and fingers control the bounce
- Follow through
- Push the ball slightly forward
- Keep the ball below waist height

## Teaching Strategies

- Bouncing and catching
- Bouncing and ineffective slapping of the ball
- Basic bouncing with the ball in control of the child
- Basic bouncing stationary with the child in control of the ball
- Controlled bouncing of the ball whilst travelling

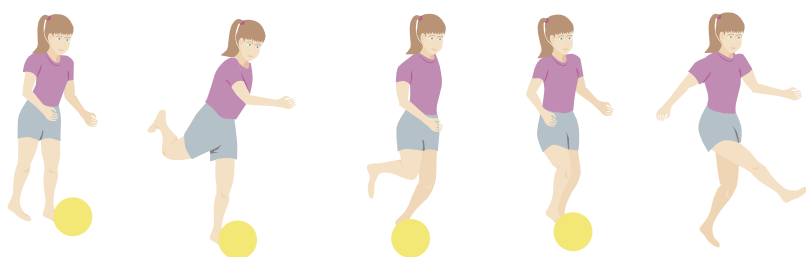
# Fundamental Movement Skill - Kicking

The fundamental skill of kicking is a manipulative striking skill. The stationary place kick is the focus of the skill. It is basic to kicks used in all football and rugby games.



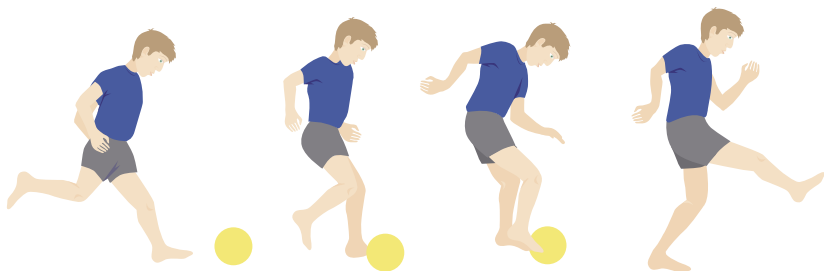
## Immature

- Movements are restricted during kicking action
- Body remains still
- Backswing of kicking leg is limited
- Forward swing is short with limited follow through



## Developing

- Backswing is centred at the knee
- Kicking leg remains bent throughout the action
- Follow through is limited to movement of the knee
- One or more steps taken toward the ball



## Mature

- Arms swing in opposition during kicking action
- Eyes focussed on the ball
- Non kicking foot placed beside ball
- During backswing of leg, knee bent at least 90 degrees
- Contact the ball with top of foot
- Follow through high towards target

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## Teaching prompts

- Keep your eyes on the ball
- Step forward on non-kicking foot
- Swing your kicking leg back
- Step forward and kick with the top of your foot (i.e. laces/Velcro)
- Use your arms for balance
- Follow through towards target with your kicking leg.

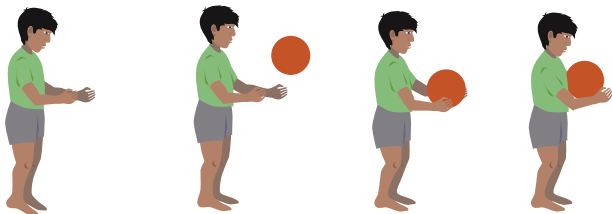
## Teaching Strategies

- Raise the ball off the ground i.e. kicking tee so that children can get their kicking foot under the ball
- Provide a cue for correct place for support leg i.e. outline of foot
- Focus on kicking ball for distance rather than accuracy
- Start by kicking against a wall
- Practise running up to kick the ball
- Introduce accuracy by kicking to partner or target. Try kicking with both feet



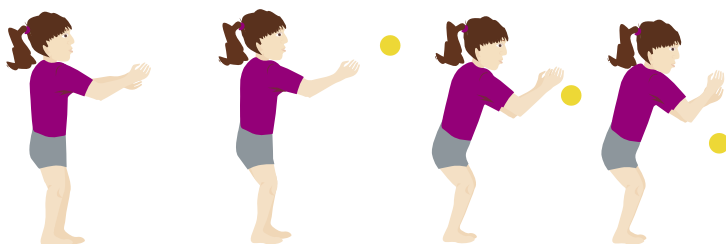
# Fundamental Movement Skill - Catch

Catching is a fundamental movement skill. It involves making fine motor adjustments to locate, anticipate, initiate and intercept a moving object.



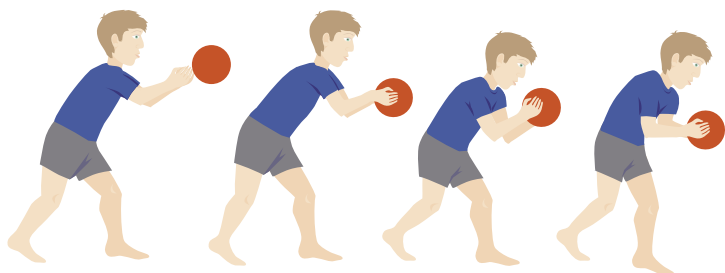
## Immature

- Body or face may turn away to avoid catch
- Arms are held straight out
- Body movement is limited
- The body rather than hands is used to catch
- Catch resembles a scoop



## Developing

- Eyes may close at contact with object
- Children tend to hold hands in opposition to each other with thumbs up
- Arms tend to catch the ball – crocodile catch
- Catch is poorly timed



## Mature

- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms “give” on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

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## Teaching prompts

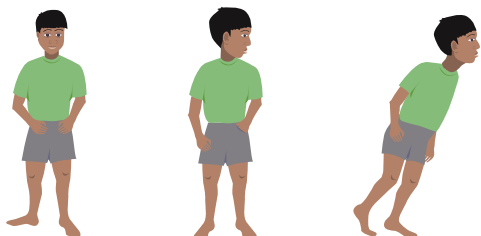
- Watch the ball
- Move to the ball
- Cup your hands
- Reach for the ball
- “giving” with the arms
- Eyes on the ball

## Teaching Strategies

- Use balloon balls/ soft balls to give children time to track the ball
- Encourage catching in hands (not against body). Start with bounce and catch
- Introduce different size objects
- Demonstrate how fingers point up for balls thrown above waist height and how fingers point down for throws below waist height

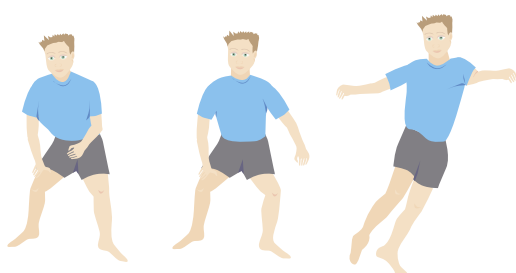
# Fundamental Movement Skill - Dodge

Dodging is a fundamental movement skill that involves quick, deceptive changes in direction.



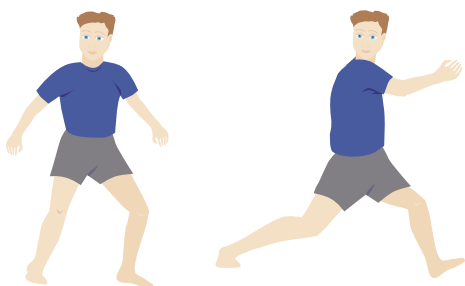
## Immature

- Body appears stiff and movement segmented
- Knee bend is minimal
- Feet generally cross
- No deception



## Developing

- Movement is better coordinated but little deception
- Children tend to dodge to one side
- Feet occasionally cross
- Little spring in movement



## Mature

- Knees bent, slight trunk lean forward
- Movements in all directions are smooth, quick and coordinated
- Performs well in both directions
- Children fake with head and shoulders

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## Teaching prompts

- Head up
- Plant one foot and quickly change direction
- Move quickly
- Bend knees to stop

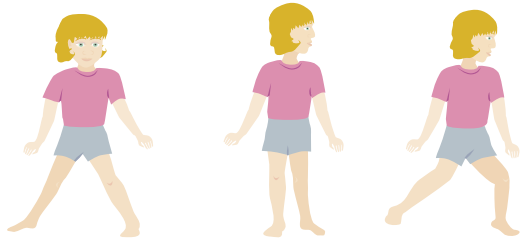
## Teaching Strategies

- Stress bending of the knee in anticipation of dodging
- Begin with activities that require changing direction on a verbal command, i.e. Simon Says
- Challenge children to mirror a partners actions
- Play simple tag games



# Fundamental Movement Skill - Side Gallop

The side gallop is a fundamental skill that involves the child moving sideways while the body faces forward. It is used in many sports and games.



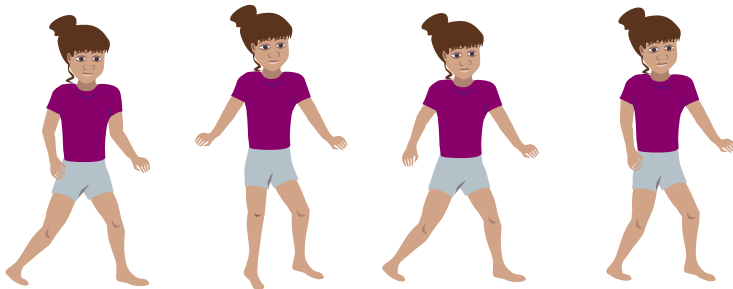
## Immature

- Fast pace with no rhythm
- Arms of little use in balance
- Rear leg sometimes gets in front of front leg or is dragged to front leg
- Body facing direction of travel



## Developing

- Moderate pace
- Action appears choppy not rhythmical
- Exaggerated vertical lift
- Arms not needed for balance



## Mature

- Rhythmical smooth action
- Weight on balls of feet
- Body faces front
- Rear leg lands adjacent to or behind front foot
- Low vertical lift

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## Teaching prompts

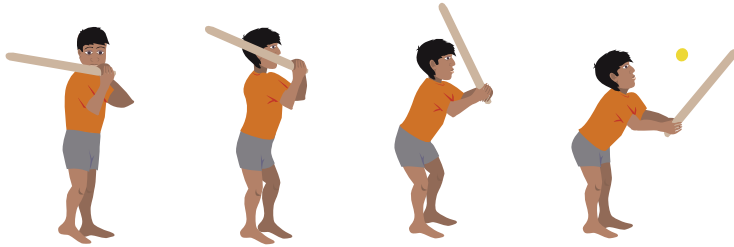
- Step to the side then bring the other foot up quickly to the first Repeat the action landing on the same foot
- Take off and land on the ball of your foot
- Use light springing steps
- Make your body face the front

## Teaching Strategies

- Work on stepping in both directions – i.e. make a circle and side gallop in one direction then the other
- Practise to songs, poems and dance
- Join with a partner
- Keep knees slightly bent and stay on balls of feet
- Practise different speeds and directions

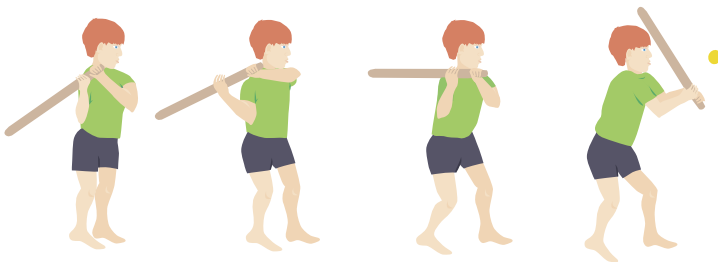
# Fundamental Movement Skill - Two handed Strike

The two handed strike is a fundamental skill which forms the foundation for more sport specific skills used in T-ball, softball, cricket and other sports.



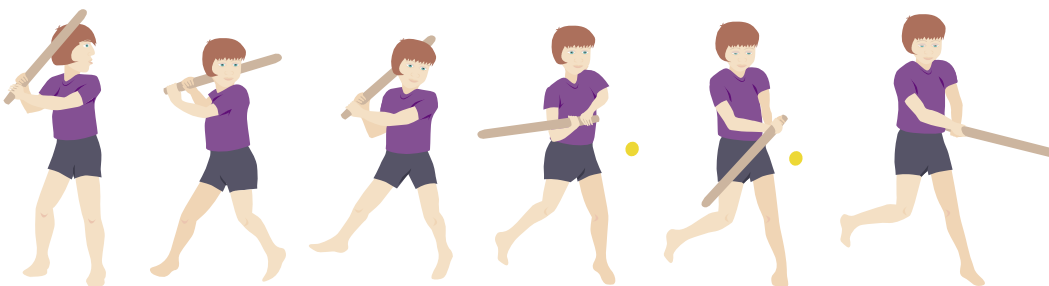
## Immature

- Feet are still
- Body faces the direction of the ball and little trunk rotation
- Force of the strike comes from straightening their joints



## Developing

- Body is side on to strike
- Weight shift forwards prior to striking the ball
- Force of the strike comes from a combined extension of joints and body rotation



## Mature

- Body side on and weight on back foot
- Eyes focussed on ball throughout strike
- Hips then shoulders rotate forward
- Ball strike made on front foot with straight arms
- Follow through with bat around body

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## Teaching prompts

- Stand side on
- Shake hands with the bat
- Keep your eyes on the ball
- Step forward and swing
- Make contact with the ball with straight arms
- Swing and follow through

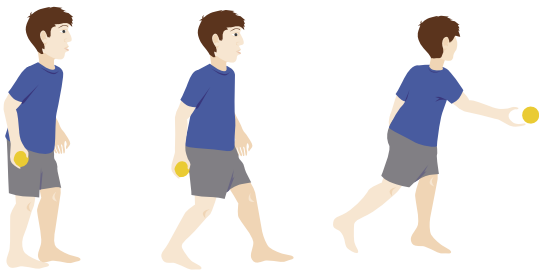
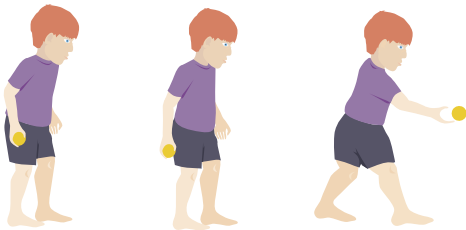
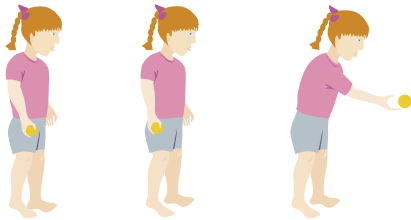
## Teaching Strategies

- Practise striking with the hand then using shorthanded implements before long handed bats
- Practise with larger balls/balloons before smaller balls
- Practise striking from a tee before trying to hit moving objects



# Fundamental Movement Skill - Underarm Throw

The underhand or underarm throw is useful for short distances, particularly when accuracy is important. It is used in several games and is the only throw permitted for a softball pitcher to the batter. A similar action is used to serve in volleyball and badminton.



## Immature

- Ball is held with in one hand
- Feet together or close together
- Forward arm swing and body lifts with release of ball
- Limited follow through of arm

## Developing

- Eyes monitor target and ball
- Ball held in front of body
- Steps forward with same foot as throwing arm
- Forward arm swing

## Mature Throw

- Head and body stable, eyes focused on target area
- Steps forward with opposite foot to throwing arm
- Well timed release
- Follows through with straight arm

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## Teaching prompts

- Face direction of the throw
- Eyes on the ball
- Step forward with opposite foot to throwing hand
- Follow through with arm, fingers pointing towards target

## Teaching Strategies

- Use appropriately sized equipment for the child and the activity. Large playground balls are difficult for children to control with one hand. Use different equipment i.e. beanbags, kooshballs shuttlecocks and balls.
- increase the distance of the throw towards a target
- Increase the accuracy of the throw to targets of decreasing sizes
- After mastering the basic pattern work towards increasing distance and accuracy



# Fundamental Movement Skills

Key stage one illustrations

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