

Fundamental movement

Recommended for
Teaching in Key Stage(s)

	1	2	3	4
Locomotor skills				
• Walking, sliding, galloping, step-hopping, skipping	*			
• Running, sprinting	*			
• Bunny jump (along a bench), hopping, leaping	*			
• Standing high jump, standing long jump	*			
Stability skills				
• Twisting, stretching, curling	*			
• Dodging: direction changing, snap stop	*			
• Jumping and landing, balancing, airborne turning	*			
• Straight sideward rolling, sideward rolling, forward rolling, backward rolling	*			
• Single poses, single poses (with music)	*			
• Duo poses	*			
Manipulative skills				
• Under-arm throwing, over-arm throwing, catching	*			
• Under-arm rolling, catching a rolling ball	*			
• Bouncing	*			
• Passing and catching	*			
• Punting, kicking, dribbling (with foot)	*			
• Striking	*			
• Shooting	*			
• Batting	*			
• Trapping (a rolling ball)	*			
Movement sequence (with locomotor and stability skills)				
• Solo, solo (with apparatus), solo (with music)	*			
• Solo rhythmic movement, solo (with apparatus), rhythmic movement with partner	*			
Games				
• Chasing game	*			
• Relay game	*			
• Zone game	*			
• Confrontation game	*			

