

# The 8 Fundamental Movement Skills (FMS)

## FUNS Framework – Skills 1 to 4

<b>Static Balance: 1 Leg</b>	<b>Static Balance: Seated</b>	<b>Static Balance: Floorwork</b>	<b>Static Balance: Stance</b>
<p><b>On both legs:</b></p> <ol style="list-style-type: none"><li>1. Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</li><li>2. Perform above challenge with eyes closed.</li><li>3. Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.</li></ol>	<ol style="list-style-type: none"><li>1. Reach and pick up cones on the floor whilst on a bench, without losing balance.</li><li>2. Turn 360° in either direction, first on the floor then on a bench.</li><li>3. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.</li><li>4. Reach and pick up cones on the floor whilst on an uneven surface.</li></ol>	<ol style="list-style-type: none"><li>1. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back.</li><li>2. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.</li></ol>	<ol style="list-style-type: none"><li>1. Throw and catch small ball, catching across body with either hand.</li><li>2. Throw and catch 2 balls alternately, catching across body with either hand.</li><li>3. Volley large ball back to a partner with either foot.</li></ol>

Within the Jasmine platform, there is also clear progression within the fundamental movement skills.

This outlines what is expected for the children to achieve by the end of KS1.

<b>Expected - End of Key Stage 1</b>			
<p><b>On both legs:</b></p> <ol style="list-style-type: none"><li>1. Stand still for 30 seconds.</li><li>2. Complete 5 mini-squats.</li></ol>	<ol style="list-style-type: none"><li>1. Pick up a cone from one side, swap hands and place it on the other side.</li><li>2. Return the cone to the opposite side.</li></ol>	<ol style="list-style-type: none"><li>1. Place cone on back and take it off with other hand in mini-front support.</li><li>2. Hold mini-back support position.</li><li>3. Place cone on tummy and take it off with other hand in mini-back support.</li></ol>	<ol style="list-style-type: none"><li>1. Stand on low beam with good stance for 10 seconds.</li></ol>

# FUNS Framework – Skills 5 to 8

## Dynamic Balance: On a Line

1. Lunge walk backwards.
2. Lunge walk backwards with opposite elbow at 90°.
3. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°.
4. Perform above challenges with eyes closed.

## Dynamic Balance: Jumping & Landing

1. Jump from vertical stance forwards into lunge position while holding ball off centre (both sides).
2. Jump from vertical stance backwards into lunge position while holding medicine ball off centre (both sides).
3. Jump 2 feet to 2 feet with 360° turn (in both directions).

## Counter Balance: In Pairs

1. Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position.
2. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position.

## Coordination: Sending & Receiving

1. Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously.
2. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.

1. Walk fluidly, lifting knees to 90°.
2. Walk fluidly, lifting heels to bottom.

1. Jump from 2 feet to 2 feet with quarter turn in both directions.
2. Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

1. Hold on and, with a long base, lean back, hold balance and then move back together.
2. Hold on with 1 hand and, with a long base, lean back, hold balance and then move back together.

1. Throw tennis ball, catch rebound with same hand after 1 bounce.
2. Throw tennis ball, catch rebound with same hand without a bounce.
3. Throw tennis ball, catch rebound with other hand after 1 bounce.
4. Throw tennis ball, catch rebound with other hand without a bounce.
5. Strike large, soft ball along ground with hand 5 times in a rally.

1. Walk forwards with fluidity and minimum wobble.
2. Walk backwards with fluidity and minimum wobble.

1. Jump from 2 feet to 2 feet forwards, backwards and side-to-side.

1. Sit holding hands with toes touching, lean in together then apart.
2. Sit holding 1 hand with toes touching, lean in together then apart.
3. Sit holding hands with toes touching and rock forwards, backwards and side-to-side.

1. Roll large ball and collect the rebound.
2. Roll small ball and collect the rebound.
3. Throw large ball and catch the rebound with 2 hands.

This is an example of what challenge looks like in a typical lesson. All children will have a go at the yellow section, before then, if they want to be challenged, having a try at the other colours.

There are videos to support the challenge suited for the skill.

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