

Fundamental Movement Skills (FMS) **Progression Statements**

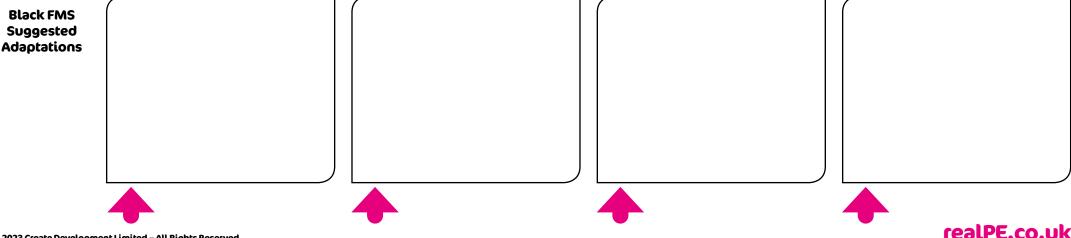
Inclusion

Fundamental Movement Skills Framework – Skills 1 to 4

- 1. Start from the pre-yellow (grey) adapted skills.
- 2. Under each original FMS statement, create adapted progressions suitable for each learner you are supporting.
- 3. For ideas, view the inclusion videos on your real PE platform under core real PE > in the Inclusion folder.
- 4. Once you have completed the statements, you can copy and paste them onto a FMS learning journey poster to become a visual aid.

NOTE: You may choose to develop these with the school physiotherapist or occupational therapist, if applicable.

Expected	Static Balance:	Static Balance:	Static Balance:	Static Balance:
	1 leg	Seated	Floorwork	Stance
Original Black FMS Statement	 On both legs: Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand. Perform above challenge with eyes closed. 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. 	 Reach and pick up cones on the floor whilst on a bench, without losing balance. Turn 360° in either direction, first on the floor then on a bench. Balance on an uneven surface, e.g. wobble cushion, for 10 seconds. Reach and pick up cones on the floor whilst on an uneven surface. 	 Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back. Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed. 	 Throw and catch small ball, catching across body with either hand. Throw and catch 2 balls alternately, catching across body with either hand. Volley large ball back to a partner with either foot.



Original
Pink FMS
Statement

On both leas:

- 1. Complete 5 ankle extensions with eves closed.
- 2. Complete 10 squats into ankle extensions with eyes closed.
- 3. Complete above 2 challenges on uneven surface with eves open.
- 4. Complete first 2 challenges on uneven surface with eyes closed.
- 1. Reach and pick up cones from in front, to the side and from behind.
- 2. Reach and pick up cones from in front, to the side and from behind with eyes closed.
- 3. Reach and pick up cones from in front, to the side and from behind while a partner applies a force.
- 4. Reach and pick up cones from in front, to the side and from behind with eyes closed, while a partner applies a force.

- 1. Hold front support position with only 1 foot in contact with floor and transfer cone on and off back.
- 2. Rotate fluently from front support to back support, and then continue rotating with fluency.
- 1. Throw and catch 2 small balls alternately, using both hands, both close to and away from body.
- 2. Strike a small ball back to a partner with a racket.
- 3. Strike a small ball back to a partner from across body with a racket.

Pink Suggested FMS Adaptations

End of Upper Key Stage 2

Original **Blue FMS** Statement

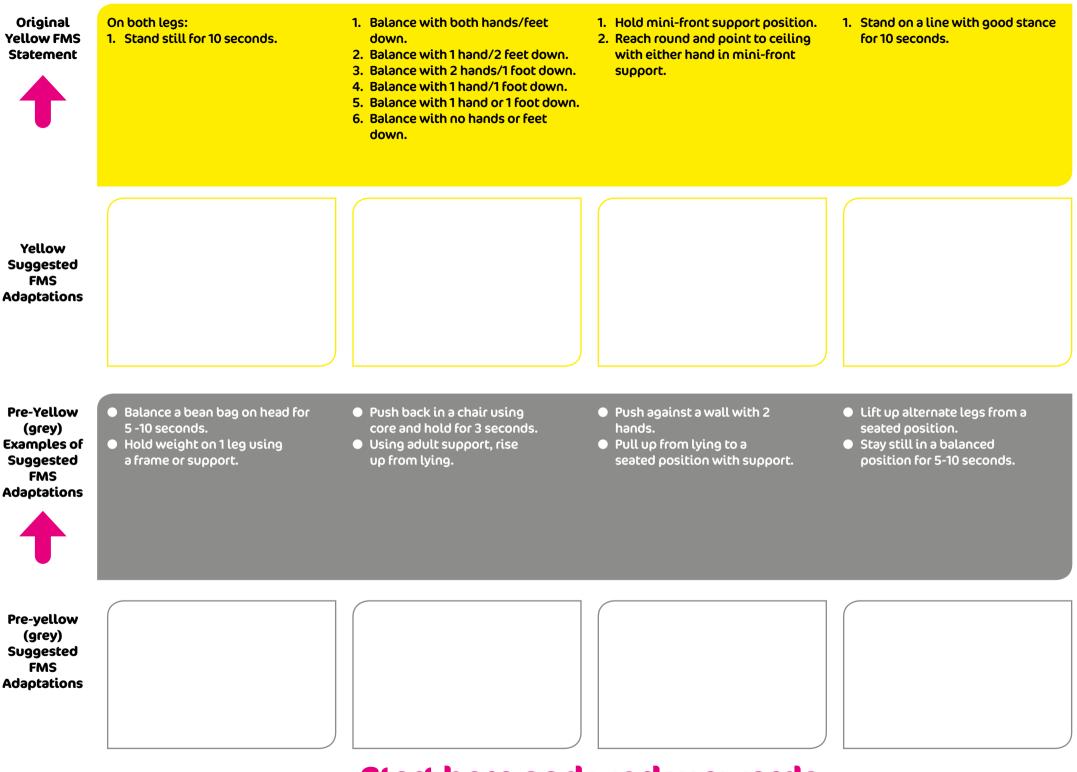


Blue Suggested FMS Adaptations On both legs: 1. Stand still on uneven surface for 30

- seconds. 2. Stand still on uneven surface for 30
- seconds with eyes closed. 3. Complete 10 squats into ankle
- extensions. 4. Complete 5 squats with eyes closed.
- 1. Reach and pick up cone an arm's distance away, swap hands and place it on the other side (both directions).
- 2. Reach and pick up cone an arm's distance away and place it on the other side using same hand (both directions).
- 3. Hold a V-shape with straight arms and legs for 10 seconds.

- 1. Transfer tennis ball on and off back 1. Raise alternate knees to opposite in a front support.
- 2. Transfer cone on and off tummy in back support.
- 3. Transfer tennis ball on and off tummy in back support.
- elbow 5 times.
- 2. Catch large ball thrown from knee height to above head.
- 3. Catch large ball thrown away from bodv.
- 4. Catch small ball thrown close to and away from body.

End of Lower Key Stage 2 Original Red FMS Statement	 On both legs: 1. Stand still for 30 seconds with eyes closed. 2. Complete 5 squats. 3. Complete 5 ankle extensions. 	 Pick up cone from one side and place it on the other side with same hand. Return it to the opposite side using the other hand. Sit in a dish shape and hold it for 5 seconds. 	 Hold full front support position. Lift 1 arm and point to the ceiling with either hand in front support. Transfer cone on and off back in front support. 	 Receive a small force from various angles. Raise alternate feet 5 times. Raise alternate knees 5 times. Catch ball at chest height and throw it back.
Red Suggested FMS Adaptations				
End of Key Stage 1 Original Green FMS Statement	On both legs: 1. Stand still for 30 seconds. 2. Complete 5 mini-squats.	 Pick up cone from one side, swap hands and place it on the other side. Return it to the cone to the opposite side. 	 Place cone on back and take it off with other hand in mini-front support. Hold mini-back support position. Place cone on tummy and take it off with other hand in mini-back support. 	1. Stand on low beam with good stance for 10 seconds.
Green Suggested FMS Adaptations				
Suggested FMS				



Start here and work upwards

Fundamental Movement Skills Framework – Skills 5 to 8

Expected	Dynamic Balance: On a line	Dynamic Balance: Jumping and landing	Counter Balance: In pairs	Coordination: Sending and receiving
Original Black FMS Statement	 Lunge walk backwards. Lunge walk backwards with opposite elbow at 90°. Lunge walk along curved pathway, forwards then backwards, with opposite elbow at 90°. Perform above challenges with eyes closed. 	 Jump from vertical stance forwards into lunge position while holding weighted or large ball off centre (both sides). Jump from vertical stance backwards into lunge position while holding weighted or large ball off centre (both sides). Jump 2 feet to 2 feet with 360° turn (in both directions). 	 Stand on a line facing partner, hold with both hands, lean back and then swap places whilst maintaining counter balance position. Stand on a low beam facing partner, hold with both hands then swap places whilst maintaining counter balance position. 	 Working with a partner, simultaneously pass ball along the floor with feet and throw 2 tennis balls continuously. Working with a partner, simultaneously volley tennis ball with racket and pass ball along the ground continuously.
Black Suggested FMS Alternative Statements				
Original Pink FMS Statement	 Sidestep in both directions. Stand sideways and complete continuous 180° front pivots. Then with 180° reverse pivots. Move sideways, stepping across body (lateral step-over). Perform 'grapevines' (step-over, sidestep, step-behind, repeat). Complete blue challenges then above challenges with eyes closed. 	 Jump 2 feet to 2 feet with a 180° turn in the middle (both directions). Jump from 2 feet to 2 feet with a tuck and a 180° turn (both directions). Stand with legs together (vertical stance), jump into a lunge position, then jump back to a vertical stance (both sides). 	 Complete all blue challenges with eyes closed. Step onto bench facing partner, hold with both hands with feet side by side, lean back, hold and then move back together. Step onto a bench facing partner, hold with both hands and swap places whilst leaning back with straight arms. 	 With a partner, simultaneously pass large ball along the floor with feet and throw tennis ball for 10 continuous passes. With a partner, keep 3 tennis balls going in a throwing circuit for 30 seconds.
Pink Suggested FMS Adaptations				

End of Upper Key Stage 2

Original **Blue FMS** Statement 1. Walk fluidly, forwards and backwards, lifting heel to bottom, knees up and heel to toe landing.

- 2. Lunge walk forwards (heel to bottom, knees up, extend leg, sink hios, heel to toe landing).
- 3. Lunge walk forwards, bringing opposite elbow up to a 90° angle. 4. Complete all red challenges with
- - eyes closed.

- 1. Jump 2 feet to 2 feet forwards, backwards and side-to-side.
- 2. Hop forward and backwards, freezing on landing.
- 3. Jump 1 foot to other forwards and backwards, freezing on landing.
- 4. Hop sideways, raising knee and freezing on landing.
- 5. Jump 1 foot to other sideways, raising knee and freeze on landing.

- 1. Stand on 1 leg holding with 1 hand, lean back, hold balance and then move back together.
- 2. Stand on 1 leg while holding on to partner's opposite foot.
- 1. Alternately throw and catch 2 tennis balls against a wall.
- 2. Throw 2 tennis balls against a wall and catch them with opposite hand (cross-over).
- 3. Throw 2 tennis balls against a wall in a circuit. in both directions.

Blue Suggested FMS Adaptations

- End of Lower 1. March, lifting knees and elbows up to a 90° angle. Key Stage 2
 - 2. Walk fluidly with heel to toe landing.
 - 3. Walk fluidly, lifting knees and using heel to toe landing.
 - 4. Walk fluidly, lifting heels to bottom and using heel to toe landing.
- 1. Jump from 2 feet to 2 feet with 180° turn in either direction.
- 2. Complete a tucked jump.
- 3. Complete a tucked jump with 180° turn in either direction.
- 1. Hold hands with a partner and. with a short base, lean back, hold balance and then move back together.
- 2. Hold on with 1 hand and, with a short base, lean back, hold balance and then move back together.
- 3. Perform above challenges with eyes closed.

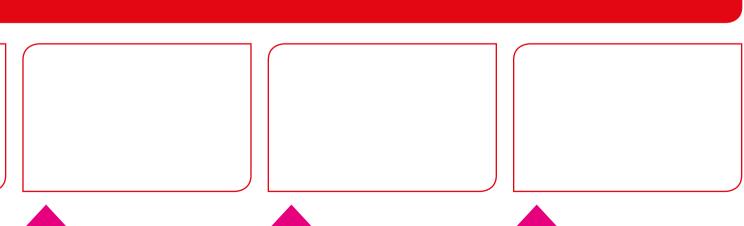
- 1. Strike a ball with alternate hands in a rally.
- 2. Kick a ball with the same foot.
- 3. Kick a ball with alternate feet.
- 4. Roll 2 balls alternately using both hands, sending 1 as the other is returning.

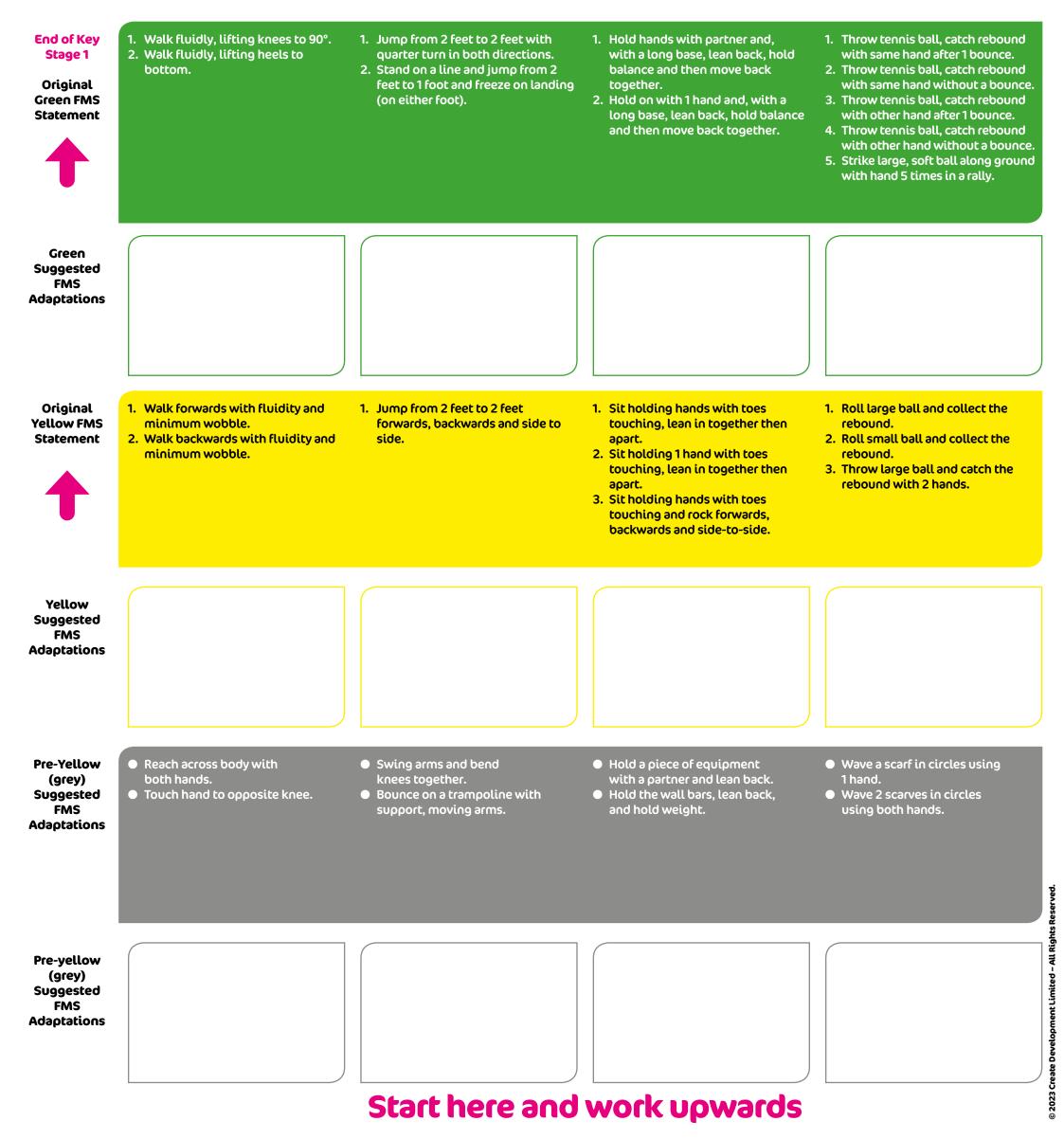
Red Suggested FMS Adaptations

Original

Red FMS

Statement





Fundamental Movement Skills Framework – Skills 9 to 12

Expected	Coordination: Ball skills	Coordination: Footwork	Agility: Ball chasing	Agility: Reaction and response
Original Black FMS Statement	 In 20 seconds or less: Complete 12 long circle (forwards and then backwards). Complete 20 over the opposite shoulder throw and catches with the same hand 20 times (with either hand, in both directions). 	 Move backwards in 3-step zigzag pattern with foot behind. Move backwards in 3-step zigzag pattern with alternating knee lift and foot behind. 	 Stand facing away from partner, ask them to feed ball over head, react and catch it between knees or feet after 1 bounce. Perform above challenge but catch ball on instep of foot and lower it to the ground. 	 From 1, 2 and 3 metres: React to call from partner when they drop ball, turn and catch it after 1 bounce, balancing on 1 leg. Perform above challenge but react to sound of bounce rather than call. Perform above challenges, but also step across body and bring hand across body to catch ball with 1 hand.
Black Suggested FMS Alternative Statements				
Original Pink FMS Statement	 In 20 seconds or less: Stand with legs apart and complete 20 front to back catches with a bounce in between. Perform above 30 times without ball bouncing in between. Complete above tasks with head up throughout. Complete 11 overhead throw and catches. 	 Move in 3-step zigzag pattern while alternating knee raise and foot behind. Move backwards in 3-step zigzag pattern with cross-over (swerve). Move backwards in 3-step zigzag pattern with knee raise across body. 	 Stand facing partner, who feeds ball over head, then turn and catch it after 1 bounce. Stand facing away from partner, who feeds ball over head, react and catch it after 1 bounce. 	 From 1, 2 and 3 metres: 1. React to call from partner when they drop a ball, turn and catch it after 1 bounce. 2. Perform above challenge but react to sound of the bounce rather than call.
Pink Suggested FMS Adaptations				

End of Upper Key Stage 2

Original Blue FMS Statement

In 20 seconds or less:

- Stand with legs apart and move ball in figure of 8 around both legs 12 times.
- 2. Move ball around waist into figure of 8 around both legs 10 times.
- 3. Move ball around waist and then around alternate legs 12 times.
- 4. Stand with legs apart and perform 24 criss-crosses, with and then without a bounce.
- 1. Combine 3-step zigzag patterns with cross-over (swerve) when changing lead leg.
- 2. Move in 3-step zigzag pattern, with knee raise across body just before changing lead leg and direction.
- 3. Move in 3-step zigzag pattern, lifting foot up behind just before changing lead leg and direction.
- Roll and chase large ball, stopping it with knee sideways onto ball (long barrier position) facing opposite direction.
- 2. Perform above challenge with tennis ball.
- 3. Roll and chase large ball, stopping it with head in front support position facing opposite direction.

From 1, 2 and 3 metres:

1. React and step across body, bring hand across body and catch tennis ball after 1 bounce.



End of Lower Key Stage 2

Original

Red FMS

Statement

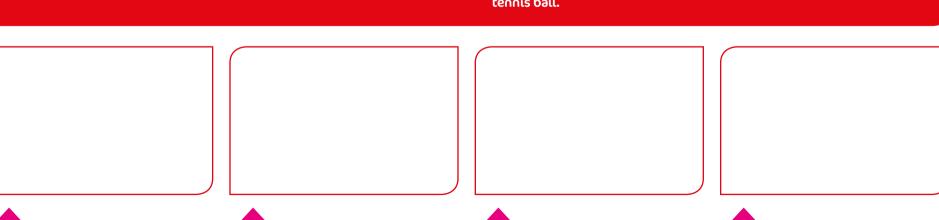
In 20 seconds or less:

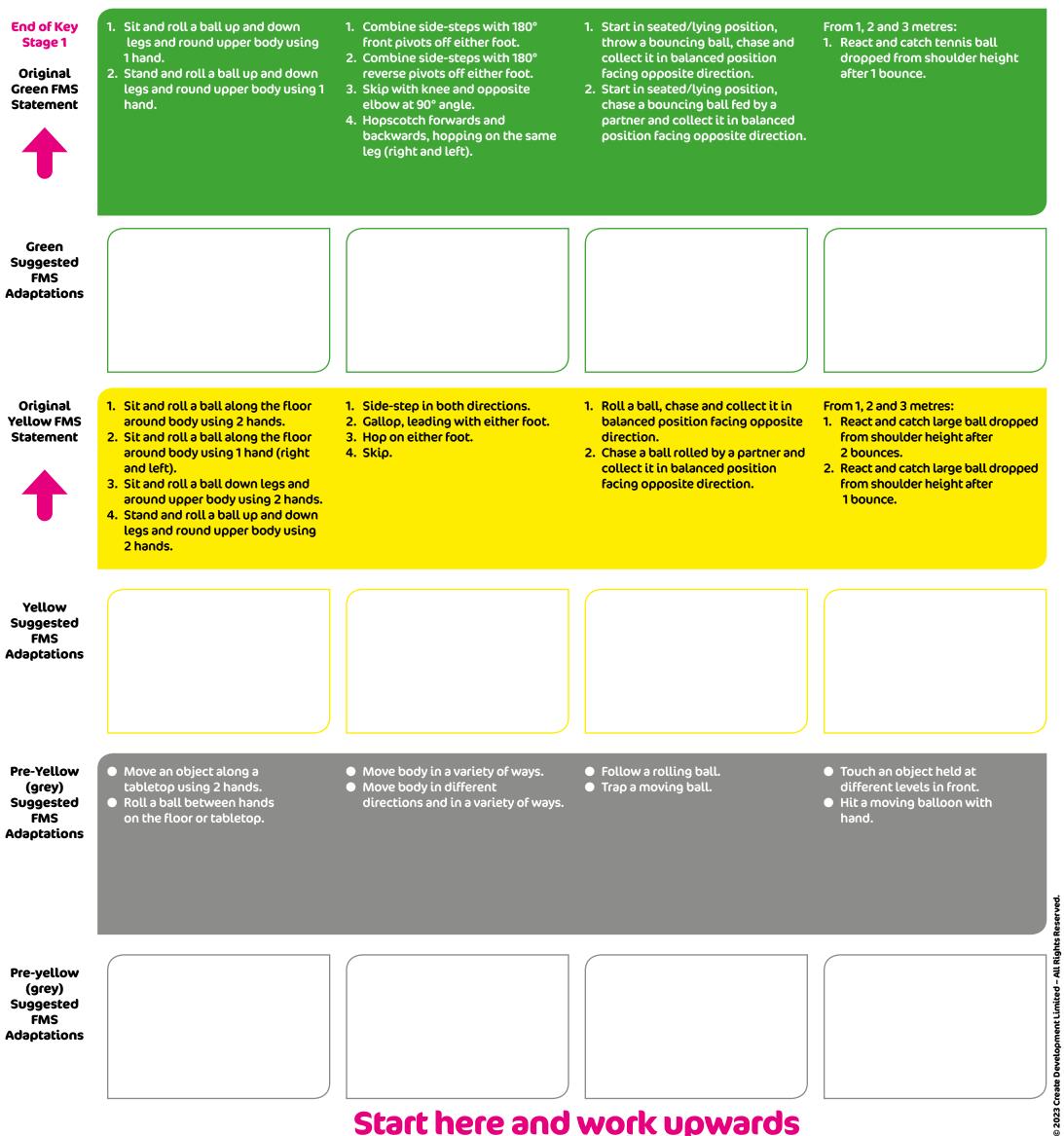
- Stand with legs apart and move a ball around 1 leg 16 times (right and left leg).
- 2. Move a ball round waist 16 times.
- 3. Stand with legs apart and move a ball around alternate legs 16 times.
- Hopscotch forwards and backwards, alternating hopping leg each time.
- 2. Move in a 3-step zigzag pattern forwards.
- 3. Move in a 3-step zigzag pattern backwards.
- Chase a large rolling ball, let it roll through legs and then collect it in balanced position facing the opposite direction.
- 2. Chase a large bouncing ball, let it roll through legs and then collect it in balanced position facing the opposite direction.
- 3. Complete above challenges with tennis ball.

From 1, 2 and 3 metres:

 React and catch tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Red Suggested FMS Adaptations





Start here and work upwards