

CHECK WHAT YOUR PUPILS CAN SHOW...

- A Pupil stands on one leg. Perform slow, controlled movements, such as lifting their arms overhead or leaning to the side maintaining balance.
- B Place objects e.g. a hoop, a hurdle and a cone around the space. Pupil jumps over the objects and lands in a balanced position.



INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

What you are looking for:

- Pupil looks at something still and squeezes their muscles.
- Pupil moves their arms to distribute weight and maintain balance when moving on one foot.
- Pupil keeps their chest upright when landing.
- Pupil looks forward and lands with their feet apart and knees slightly bent.

CHECK WHAT YOUR PUPILS KNOW...

- Why is it important to squeeze your muscles when you're balancing? **To help me stay still and stop me from wobbling or losing balance.**
- Why is it important to focus on something still when you are balancing? **It makes it easier for your body to know how to stay still. If you look at something moving you're more likely to wobble.**
- What should you do to jump and land with balance? **I should land on both feet with my knees bent, look forward and use my arms to help me balance.**



Your greater depth pupils might be able to show and may know...

- What does balance look like? **Moving with control and co-ordination.**
- What can you do to help you to balance on the spot? **Focus on something still, squeeze my muscles, use the whole of the body part in contact with the floor e.g. spread my fingers or toes wide.**
- How can you balance whilst moving? **Move slowly and with control, keep my chest up and hold my arms out.**



Your pupils might already be able to show and may know...

- How does using your arms help you balance, and why is it important when you're moving? **Using my arms helps me balance by keeping me steady. It's important when I'm moving because it stops me from wobbling or falling.**
- What should you look at to help you keep your balance? **I should focus on something still or look ahead.**
- What do you need to do with your feet when you land to help you balance? **I need to land on my feet to keep my balance.**

YEAR 2 FMS: CATCHING

UNITS THIS FMS IS SEEN IN:

Striking and
Fielding

Ball Skills

Invasion
Games

Net and Wall
Games

Sending and
Receiving



Target
Games

CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Pupil throws a playground ball up to themselves and they catch it with two hands before a bounce.
- (B) Partner underarm throws a playground ball from a few steps away, pupil aims to catch it with two hands after one bounce.
- (C) Partner underarm throws a playground ball from a few steps away, pupil aims to catch it with two hands before a bounce.

What you are looking for:

- Pupil stands in a ready position (feet shoulder width apart and knees bent), holds their hands out and focuses on the object.
- Pupil moves their feet to be in line with the ball if it is not coming directly to them.
- Pupil uses wide fingers and pulls the ball in to their chest to help them to securely catch.



INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your **greater depth** pupils might be able to show and may know...

- What will help you to react to catch a ball? **Begin in a ready position, watch the ball.**
- What should you do to catch a ball while you are moving? **Keep my eyes on the ball, move my feet to stay in line with it and have hands out ready.**
- Why do you need to react quickly when catching a ball in a game? **Quick reactions help me to catch the ball before it goes past me, hits the ground or is taken by an opponent.**

CHECK WHAT YOUR PUPILS KNOW...



- What is the best way to catch a ball? **Begin in a ready position. Hold my hands out. Use wide fingers and bring the ball into my body.**
- Why should you move your body to the ball instead of just reaching out with your hands? **It helps me to get in to the best position to catch the ball easily.**

Your pupils might **already** be able to show and may know...

- Why is it important to keep your eyes on the ball when catching? **It helps me to know where it's going.**
- What should you do with your body before the ball reaches you? **Stand in a ready position with hands out.**
- What do you need to do if the ball is not coming straight towards you? **Move my feet to get in line with it.**

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YEAR 2 FMS: JUMPING

UNITS THIS FMS IS SEEN IN:

Athletics

Fitness

Fundamentals

Invasion Games

Striking and Fielding

Gymnastics

Dance



CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Pupil jumps as high as they can and lands on the spot.
- (B) Pupil jumps forward and places a cone where they land, they jump again trying to beat their cone. Repeat with leaping.
- (C) Pupil hops forward over a cone. Perform with one foot then the other.
- (D) Pupil hops sideways over a cone. Perform with one foot then the other.



INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your greater depth pupils might be able to show and may know...

- What will jumping or hopping and landing in quick succession allow you to do? **Jump further.**
- What can you do with your jumps to make them look interesting? **Change the take off and shape.**
- In what activities would you want your jumps to look interesting? **Gymnastics, dance.**



What you are looking for:

- Pupil takes off and lands with two feet when jumping.
- Pupil takes off on one foot and lands on the same foot when hopping.
- Pupil takes off one foot and lands on the other foot when leaping.
- Pupil jumps/hops and lands with soft bent knees.
- Pupil looks forward as they land on the balls of their feet.
- Pupil swings their arms forward to aid distance.

CHECK WHAT YOUR PUPILS KNOW...

- Where should you look to help you to land with control? **Look forwards.**
- What can you do with your arms to help you to jump further? **Swing them forwards.**

Your pupils might already be able to show and may know...

- What part of your feet should you land on for control? **The balls of my feet.**
- What can you do to jump higher or further? **Bend my knees before taking off.**
- What do you need to do to leap? **Take off one foot and land on the other foot.**

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Athletics

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Net and Wall
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Striking and
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CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Pupil jogs 20m and stops.
- (B) Pupil runs 20m and stops.
- (C) Create a small area for a number of pupils to run in. Ask them to jog around the space changing direction to avoid others.

What you are looking for:

- Pupil runs with big steps, on the balls of their feet, moving their opposite arm to leg.
- Pupil moves their arms faster to run faster.
- Pupil changes direction to move into space away from others.
- Pupil stops in a balanced position by putting their weight into the front of their feet.
- Pupil bends their knees and uses small steps to change direction.

CHECK WHAT YOUR PUPILS KNOW...

- What can you do to stop safely? **Bending my knees will help me to stop in a balanced position.**
- What can you do with your body to run faster? **Run on the balls of my feet, take big steps and have my elbows bent.**
- What can you do to help you to change direction? **Use small steps.**

INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your **greater depth** pupils might be able to show and may know...

- What can you do with your body to speed up? **Lean slightly forwards.**
- What can you do with your body to slow down? **Lean slightly backwards.**
- Can you give me an example of when changing direction is useful in everyday life? **E.g. dodging out of the way of someone / thing.**

Your pupils might **already** be able to show and may know...

- How do we use our arms and legs when running? **Move the opposite arm to leg.**
- What can you do with your arms to help you to run faster? **Move them faster.**
- What can you do with your legs to help you to change direction? **Bend my knees and push off one foot.**

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YEAR 2 FMS: THROWING

UNITS THIS FMS IS SEEN IN:

- Athletics
- Ball Skills
- Invasion Games
- Net and Wall Games
- Sending and Receiving
- Striking and Fielding
- Target Games



CHECK WHAT YOUR PUPILS CAN SHOW...

- (A)** Stand 4m away from a hoop placed on the floor. Pupil uses an underarm throw to throw a tennis ball into the hoop.
- (B)** Pupil throws a tennis ball as far as they can using an overarm throw.
- (C)** Partner stands 3-4m away. Pupil uses a two handed throw to pass a playground ball. Partner moves to a new location and repeat.



What you are looking for:

- Pupil looks at their target.
- Pupil throws from a balanced position with opposite foot to throwing hand forward.
- Pupil underarm throws by swinging their throwing arm by their side and pointing their throwing hand at their target as they release.
- Pupil overarm throws by holding the object high and moving their throwing arm past their ear, pointing their throwing hand at their target as they release.
- To throw a playground ball from the chest, pupil uses two hands and wide fingers, pointing their fingers at their target after they throw.

CHECK WHAT YOUR PUPILS KNOW...



- What does stepping forward with your opposite foot to throwing hand help you to do? **Balance and throw further.**
- How can you throw overarm? **Feet apart, opposite foot to throwing arm forward. Hold the ball up by ear and point my throwing hand at the target as I throw.**
- How can you throw underarm? **Feet apart, opposite foot to throwing arm forward. Hold the ball low and swing my arm backward. Point my throwing hand at the target as I throw.**
- Why is it important to look at your target before throwing? **If your target is a partner, to see where they are and check they are ready to catch. If a stationary target, to check the distance and direction to throw.**

INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your **greater depth** pupils might be able to show and may know...

- What is the correct body position when preparing to throw and why is balance important? **Body should face towards the target, and I should step forward with the foot opposite to my throwing hand. Being balanced helps me to aim better and throw with more control.**
- Explain why it's important to check your partner's position and readiness before throwing to them. **So I can select the right technique and throw accurately and safely.**
- What do you need to do if throwing at a moving target? **Look where the target is moving to and throw slightly ahead of them.**

Your pupils might **already** be able to show and may know...

- What can you do with your feet to help you to throw further? **Step forward with my opposite foot to throwing hand.**
- Where should your body be facing when sending the ball? **Face my body towards my target.**
- Why should you look at your partner before sending them the ball? **To see where they are and check they are ready to receive it.**
- What type of throw would you use for a long distance? **Overarm.**
- What type of throw would you use for a short distance? **Underarm.**

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