



CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Pupil walks backwards along a line, then forwards whilst crouching.
- (B) Pupil jumps forward and backwards over a cone.
- (C) Pupil holds three balances using a variation of body parts at varying levels.

What you are looking for:

- Pupil keeps their head up and looks forward.
- Pupil moves slowly and with control.
- Pupil keeps their chest upright when landing with their feet apart and knees slightly bent.
- Pupil holds their arms out and squeezes their muscles.

CHECK WHAT YOUR PUPILS KNOW...

- What does balance look like? **Staying still or 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.**

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 do you need to do with your body to hold a strong balance? **Keep my body strong, focus on something still, squeeze my muscles.**
- How can you move with control from one balance to another? **Keep focus, move slowly and with control, think about which muscles are being used to hold each balance.**
- How can your arms and legs help you when trying to balance? **By spreading out to keep you steady. For example, you can stretch your arms to the sides or move your legs to adjust your weight and stop you from falling.**

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

YEAR 3 FMS: CATCHING

UNITS THIS FMS IS SEEN IN:

Striking and
Fielding

Target
Games

Invasion
Games

Net and Wall
Games

Ball Skills



CHECK WHAT YOUR PUPILS CAN SHOW...

- A Partner underarm throws a playground ball to the side of the receiver. Pupil moves to catch it with two hands before a bounce.
- B Partner overarm throws a playground ball from distance, pupil aims to catch it with two hands before a bounce.
- C Partner underarm throws a tennis ball, pupil aims to catch it with two hands after a bounce.

What you are looking for:

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

CHECK WHAT YOUR PUPILS KNOW...

- What will help you to react to catch a ball? **Begin in a ready position, watch the ball, track the ball as it is coming towards me.**
- 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.**

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...

- Why is it important to stand in a ready position when preparing to catch? **A ready position helps me to stay balanced and ready to move quickly in any direction. It allows me to react faster, increasing my chances of catching the ball.**
- What is the correct hand position and action to take when you are about to catch a ball that's been thrown towards you? **Hold my hands out with my fingers wide. As the ball comes towards me, use my hands to cushion the catch by pulling the ball into my chest to secure it.**
- When catching a ball on the move, what should you do to make sure you catch it successfully? **Watch the ball, move my feet to get in line with it.**

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



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CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Adult holds a cone at an appropriate height. Pupil jumps up to touch the cone.
- (B) Pupil travels as far as they can using three combined jumps.
- (C) Pupil travels as far as they can using three combined hops.
- (D) Pupil creates three different jumps, making them interesting and showing as much control as possible.

What you are looking for:

- Pupil looks forward as they land on the balls of their feet with soft knees.
- Pupil swings their arms forward to jump/hop further.
- Pupil bends their knees and swings their arms up to jump higher.
- Pupil jumps/hops in quick succession when combining jumps to travel further.
- Pupil can create interesting jumps using different shapes and combinations of feet to take off and land.

CHECK WHAT YOUR PUPILS 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.**



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 help you to jump further? **Transfer my weight from back to front by swinging my arms forward.**
- What can you do with your non-standing foot when hopping for distance to help you to hop further? **Swing it backward then forward.**
- What can you do to land with control? **Land toes first, look forward and bend my knees.**

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

- Where should you be looking 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.**

YEAR 3 FMS: RUNNING

UNITS THIS FMS IS SEEN IN:

Athletics

Fitness

Fundamentals

Ball Skills

Invasion
Games

Net and Wall
Games

Target
Games

OAA

Striking and
Fielding



CHECK WHAT YOUR PUPILS CAN SHOW...

- (A) Pupil runs 30m and stops.
- (B) Place a straight line of four cones at 7m intervals. Pupil sprints then stops at the next cone, sprints, then stops at the next cone etc.
- (C) Create a zigzag path out of cones 3m in width. Pupil sprints the zigzag changing direction at the markers.

What you are looking for:

- Pupil sprints with big steps, on the balls of their feet, moving their opposite arm to leg.
- Pupil moves their arms faster to run faster, leaning slightly forwards to speed up.
- Pupil stops in a balanced position by bending their knees and putting their weight into the front of their feet, leaning slightly backwards to slow down.
- Pupil bends their knees and uses small steps to change direction.

CHECK WHAT YOUR PUPILS 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.**

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 get the power to run faster? **Use a high knee drive, pump my arms and run on the balls of my feet.**
- What do you need to do when running further or for a long period of time? **Pace myself.**
- What can you do with your body to help you to stay balanced when changing direction? **Keep my elbows bent.**

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

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YEAR 3 FMS: THROWING

UNITS THIS FMS IS SEEN IN:

Athletics

Ball Skills

Invasion
Games

Net and Wall
Games

Fitness

Striking and
Fielding

Target
Games



CHECK WHAT YOUR PUPILS CAN SHOW...

- A** Set up a line of cones at 4m and a line of cones at 7m. Using a tennis ball, ask the pupil to throw past each line of cones.
- B** Partner stands 4m away. Pupil uses a two handed throw to pass a playground ball. Partner moves to a new location and repeats.
- C** Partner moves a few steps to the side. Pupil throws a playground ball to their partner as they move.

What you are looking for:

- Pupil looks to see their target and selects an underarm for a close distance and an overarm for a long distance (small ball).
- 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.
- Pupil throws slightly ahead of their partner when the target is moving.

CHECK WHAT YOUR PUPILS 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.**

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...

- Why is it important to keep your elbow high and step with your opposite foot to throwing arm when throwing overarm or using a shoulder pass? **To help to increase the power and accuracy of the throw.**
- What type of throw would you use for a long distance using a playground ball? **Shoulder or overhead.**
- What type of throw would you use for a short distance using a playground ball? **Bounce or chest.**



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

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