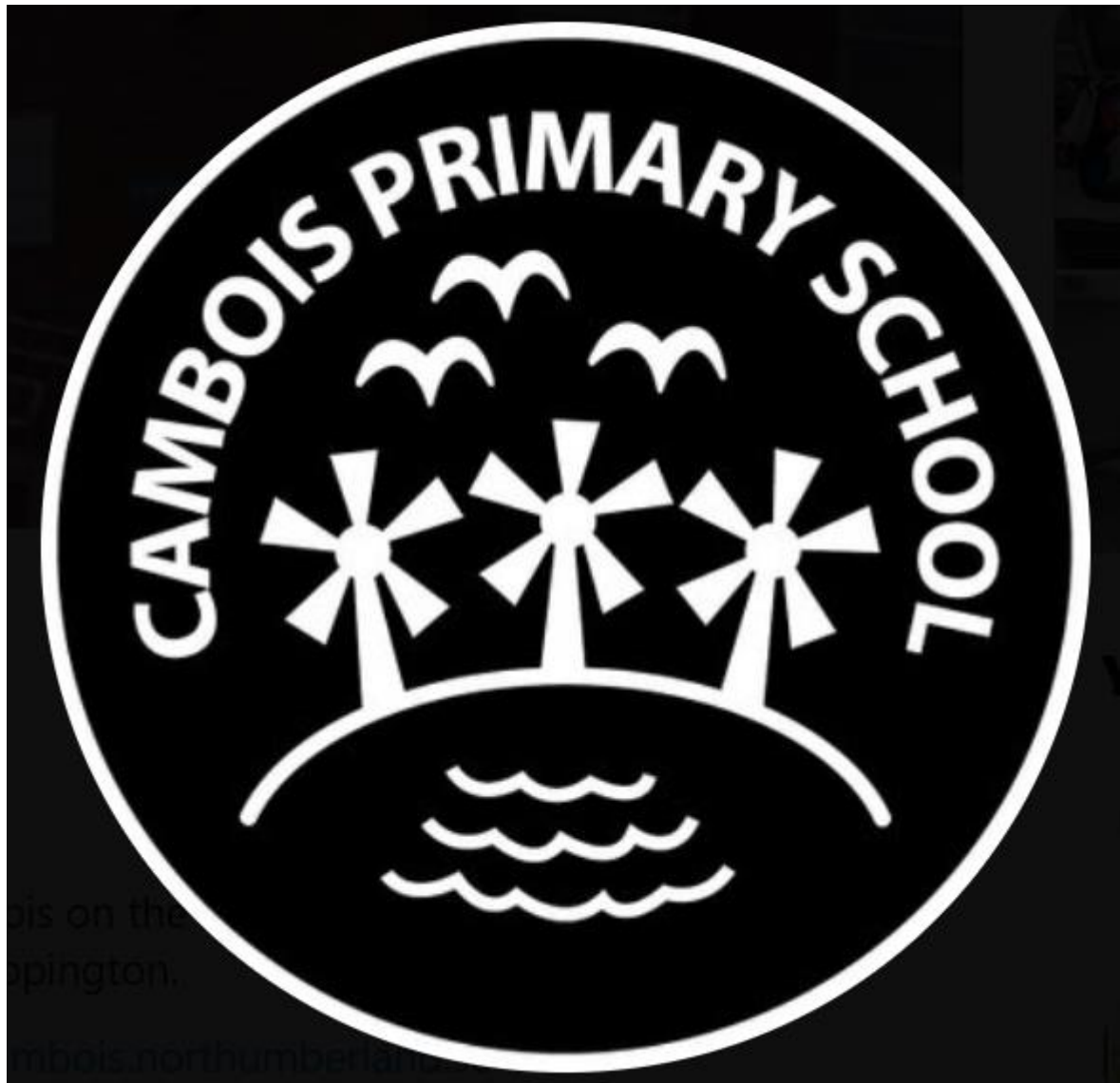


# CAMBOIS PRIMARY SCHOOL PROGRESSION IN PHYSICAL EDUCATION



## Progression in Physical Education at Cambois Primary School



### EYFS

The growth of children's Fundamental Movement Skills (FMS) at Cambois Primary School is a momentous step towards establishing a lifelong commitment to a healthy and active lifestyle. Fundamental Movement Skills are crucial skills that children need to participate effectively in all type of physical activities, sports and games. They are key components for movement. FMS are typically categories into three main groups: Body management/stabilisation skills, Locomotion skills and Object control skills.

Body management examples: Balancing, stretching, extending, flexing, landing, floating, stopping, twisting, turning, rotating, pivoting, bending, hanging, bracing, tucking, rolling, swinging and squatting. These activities are performed statically and dynamically in place. Within school, we dedicate a substantial amount of time to improving the fundamental motor skills of our pupils.

Locomotion examples: Walking, running, bounding, hopping, leaping, jumping (height), jumping (distance), rolling, galloping, climbing, sliding, skipping, jogging, skating, swimming, swinging, crawling and dodging.

### Object control examples-

*Sending:* Pushing, throwing, bouncing, kicking, punting, rolling an object, striking an object and rolling.

*Receiving:* Pulling, catching, stopping and trapping.

*Travelling with:* Dribbling (feet), dribbling (hands), dribbling (stick), carrying (hands), bouncing and collecting.

### Why do we teach Fundamental Movement Skills?

The progression of Fundamental Movement Skills is a significant step towards guaranteeing life long participation in physical activity. Children are less likely to discover the various options available to them to maintain an active lifestyle if they do not have proficiency in skills such as: Leaping, balancing, throwing, catching and kicking. Research suggests that children who do not master Fundamental Movement Skills are more likely to drop out of physical activity in later life. Whereas, children who are competent in Fundamental Movement Skills are more likely to appreciate sports and activities and to develop a life long pledge to physical activity. Children who have developed their competence in Fundamental Movement Skills have been found to have better socialisation skills, self-esteem and a positive attitude towards physical activity. According to research, the development in self-esteem and confidence in performing Fundamental Movement Skills has a

direct impact on other areas of a child's education. This directly impacts the children at Cambois Primary school as an improvement in confidence in physical coordination has been known to benefit the proficiency in reading and writing.

#### How do our children develop Fundamental Movement Skills?

Children need to be taught Fundamental Movement Skills and given opportunities to practise them.

Children need to be provided with:

- Tailored, appropriate activities and equipment.
- Instruction and feedback
- Various activities focused on fun and challenge
- A positive and safe learning environment
- Encouragement

Taking all of these components in to account and having the opportunity to practise, all children can be equally proficient in all areas of the Fundamental Movement Skills before they leave Cambois Primary School.

#### Essential Fundamental Movement Skills (FMS) at Cambois Primary School

Having considered the global research available and analysing outstanding practice in teaching FMS, we have identified fourteen FMS that we consider to be crucial if our pupils are going to successfully engage in the many physical activities, games and sports offered at Cambois Primary School:

- Balance on one foot
- Climb
- Two handed strike
- Sprint Run
- Hop
- Skip
- Gallop
- Side-Gallop
- Dodge
- Hand dribble
- Foot dribble
- Catch
- Underarm throw
- Overarm throw

These fourteen skills were selected because together they demonstrate a solid connection for the development of specialised skills, allowing pupils to participate in various physical activities.

### When do we teach our fourteen identified Fundamental Movement Skills?

At Cambois Primary School an important aim of our curriculum for PE is that our pupils should be able to establish proficiency in all fourteen FMS by the end of Year 6. However, due to the regular exposure to physical activity within our school and adequate learning and practise time, most pupils given their stage of growth and development should be able to establish the FMS earlier than this. Each of our fourteen identified FMS have been broken down into 8-10 easily identifiable components. These components are categorised as either introductory, developing or consolidating. Whilst children are in EYFS and Key Stage 1, they will be assessed against the skill criteria set out for each of the fourteen Fundamental Movement Skills.

#### KS1-

Here the children will be applying their Fundamental Movement Skills to a range of different sports whilst also focusing on sport-specific skills.

#### Lower KS2-

Children focus on sport-specific skills to guarantee that Fundamental Movement Skills are being applied to different sports. This permits extra time to practise skills and children then begin to apply these skills to games situations.

#### Upper KS2-

Children will focus on the application of the skills to a wide range of sports which will incorporate numerous roles such as: Coaching roles, umpires/referee, understanding the theory of the skills, techniques, tactics and roles.

### Physical Literacy

Fundamental Movement Skills are a critical part of physical literacy but they are not all of it. At Cambois Primary School, we follow the Youth Sport Trust's definition of physical literacy:

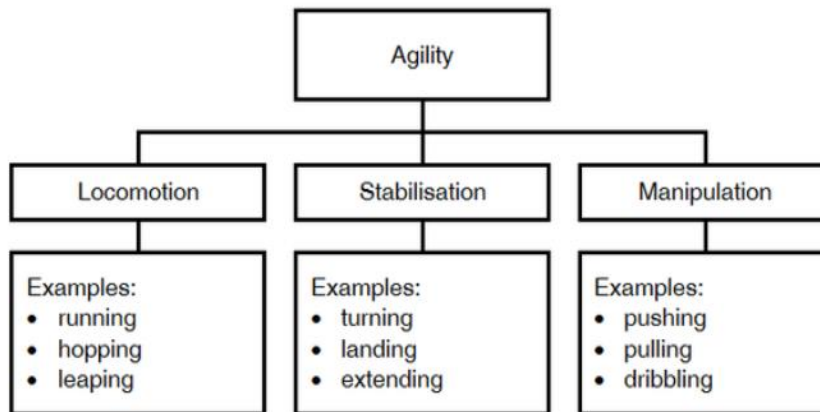
“The motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity’ and we understand that ‘enabling children to be physically literate supports their development as competent, confident and healthy movers.’

### How long does it take our children to learn Fundamental Movement Skills?

There are many factors which play a part in the amount of time it takes to develop proficiency in Fundamental Movement Skills. Aspects such as the complexity of the skill, the instructional methods used and the age of the learner dictates the amount of time it takes to become proficient in a skill. Research proposes that it takes between 240 and 600 minutes of instruction time for the average pupil to become competent in one fundamental movement skill.

## How are Fundamental Movement Skills linked to Sport-Specific Skills?

FMS provide the building blocks that allow a child to progress to developing sport-specific skills.



Agility is shown opposite as an example of a sport-specific skill. Agility is a key component and determinant of success in many sports.

An agile movement can be considered to be a combination of locomotion, stabilisation and manipulation skills combined into a rapid sequence of movement.

We cannot expect children to be accomplished in producing sport-specific movements before they have mastered FMS.

## Cambois Primary School PE

“The school believes that physical education, experienced in a safe and supportive environment, is a unique and vital contributor to a pupil’s physical development and well-being. A broad and balanced physical education curriculum is intended to provide for pupils’ increasing self confidence in their ability to manage themselves and their bodies within a variety of movement situations.” At Cambois Primary School we believe PE & Sport plays an important role in our school drivers of initiative and possibilities and we want to equip our pupils with the skills to lead a healthy and positive life.

We are committed to using this resource in developing high quality PE lessons, alongside greater opportunities for sporting competitions and clubs for all our young people.

At Cambois Primary School, we want every child to be:

- Confident and capable physically
- Resilient learners
- Committed to upholding a healthy and active lifestyle.

Cambois Primary School is committed to promoting the health and wellbeing of its pupils through physical activity. We aim to maximise opportunities for children to be physically active by promoting numerous avenues for activity. This includes within our curriculum, extra-curricular opportunities and community links. With the opportunities provided inside and outside of school, our aim is that every Cambois child will meet the UK Chief Medical Officers’ physical activity guidelines and will continue to enjoy a healthy, active lifestyle when they leave Cambois Primary School.

*\* UK Chief Medical Officers' physical activity guidelines:*

- *Under-fives: 180 minutes (three hours) each day, once a child is able to walk.*
- *Children and young people (5-18 year olds): 60 minutes and up to several hours every day of moderate to vigorous intensity physical activity. Three days a week should include vigorous intensity activities that strengthen muscle and bone.*

*For more information, click on the following link:*

<https://www.gov.uk/government/news/new-physical-activity-guidelines>

## Opportunities for physical activity at Cambois Primary School

- Physically active pedagogy across the curriculum to support the ‘Covid catch up’ and Youth Sport Trust’s additional physical activity.
- Two hours of Physical Education a week including ‘Commando Joes.’
- Daily lunch time clubs for each year group. These clubs will then like to inter/intra house competitions.
- OPAL school with high quality outdoor equipment to allow children to be physically active in a safe, fun environment.
- ‘Breakfast club’ and ‘Afterschool club’ offered with opportunities to take part in specialised physical activity.
- Intra-school sport opportunities for each pupil from Year 1 to Year 6.

- Inter-school sport opportunities across a wide range of sports contexts.
- Outdoor adventure opportunities such as water sports and climbing.
- Children receive forest school lessons in our very own forest school.
- Regular opportunities for outdoor learning across the curriculum.
- Close community links allow our children to access regular swimming lessons which leads to an increased competence before the children reach Year 6 whilst having a good understanding of water safety.