

Foundation Stage

Lancashire 5 FMS

for under 5's



Fundamental Movement Skill - Introduction

FUNdamental Movement Skills are the building blocks for movement that help prepare children for participation in a wide range of school aged physical activities and sports and will ready them for a lifelong habit of being physically active and healthy.

These five basic Fundamental movement skills are a good starting point for building a strong foundation from which children under 5 can continue developing. Regular opportunities to move and play in a variety of ways will not only support their skill development but will also help develop how they think, learn and interact with others.

What are Fundamental Movement Skills?

“FMS are movement patterns that involve different body parts such as the legs, arms, trunk and head, and include such skills as running, hopping, catching, throwing, striking and balancing. They are the foundation movements necessary for 3–8-year-old children as a precursor to the more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation activities.”

Early childhood is the optimal time to teach and learn fundamental movement skills. During this period young children are motivated and keen to master ways of moving, controlling their bodies and coordinating their movements.

Foundation Stage Physical Development

In the foundation stage, physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.

The Early Learning Goal for Physical Development is

“Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing”.

In Development Matters in the Early Years Foundation Stage (EYFS) which is non-statutory guidance material that supports practitioners, there are examples of fundamental movement skills in terms of what age range you should expect to see “catch a large ball” for example. However, this document does not break down the stages a child will go through and in which order, as they develop a particular skill.

The Lancashire 5 skills for Under 5’s has been written to support practitioners in the foundation stage to understand the developmental stages of fundamental movement skills and breaks down the 5 key skills that will help the child develop physically but also prepare them for the baseline assessment in Y1 on Lancashire’s 10 fundamental skills.

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Lancashire 5 FMS for Under 5's - Introduction

Lancashire 5 FMS for Under 5's

The 5 skills chosen are run, jump, hop, catch and throw. These have been chosen as they are single fundamental movement skills whereas skipping is a combination of FMS i.e. a hop and a step.

Running is sometimes seen as a natural extension to walking. A running pattern consists of a support phase, flight phase and recovery phase. The flight phase is what distinguishes the run from the walk. Boys are generally at a specific developmental level for running earlier than girls and the more immature the running pattern the longer it will take children to complete a dash over 25 M.

Jumping is a fundamental movement that occurs when a child uses force in both legs to project themselves into the air and land on one or both feet. A jump consists of a preparatory, a take off, a flight and landing phase. Many of the preparatory movements are absent in less developed children. There is a similar developmental level between boys and girls

Hopping is a form of jumping but only one foot is used to project the body into the air and land on the same foot. This is considered more difficult than the two footed jump because it

requires more strength and better balance. Hopping is performed better on a child's preferred foot and girls are generally more developmentally advanced than boys.

After learning to walk, run, jump and hop children begin to develop the co-ordination to perform these skills in combinations such as the skip, gallop and slide gallop or slide.

The most difficult of these is the skip and girls are generally more developmentally advanced than boys.

Catching is the action of bringing an airborne object under control by using the hands.

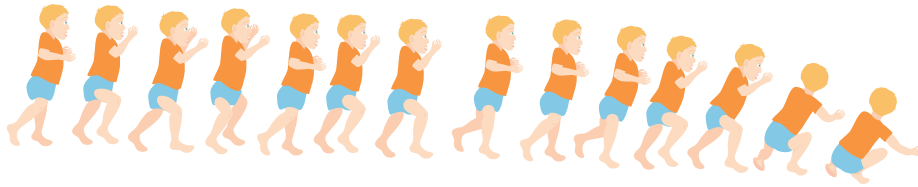
Throwing is perhaps one of the most complex fundamental movements as there are a number of different patterns. The overarm throw consists of three phases, preparation, execution and follow through. Boys are generally at a specific developmental level for throwing much earlier than girls and is the FMS that has the greatest gender differences.

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Fundamental Movement Skill - Running

Developmental sequences for running for 2 – 5 year old children



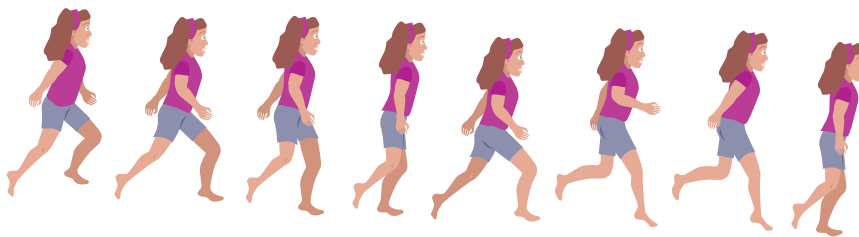
Stage One

- Arms high
- Flat footed
- Short stride



Stage Two

- Arms middle
- Mainly flat footed
- Longer stride



Stage Three

- Arms moving in opposition
- Heel-toe contact

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Age range for the components of running

- Hurried walk - 14-18 months
- First true run (no contact with surface, flight) – 2-3 years
- Efficient and refined run – 4-5

Development Matters - Physical Development: Moving and Handling...

30-50 months

- Moves freely and with pleasure and confidence in a range of ways, such as kicking.

Teaching strategies - Run

- Encourage high knee lifts using marching songs
- Practise swinging arms backwards and forwards like trains
- Run to pick up objects
- Show children how to slow down after running fast by leaning backwards

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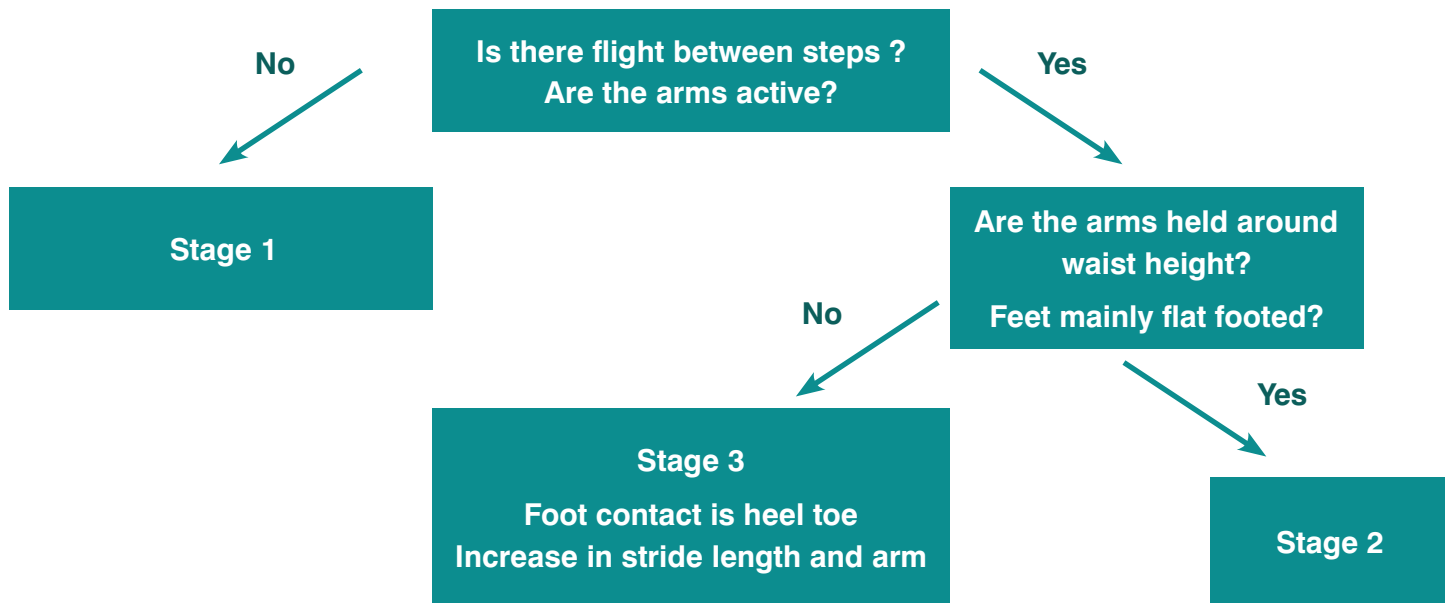
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Fundamental Movement Skill - Running

Observation Plan for Running

ARM AND FOOT ACTION



Running (developmental order)

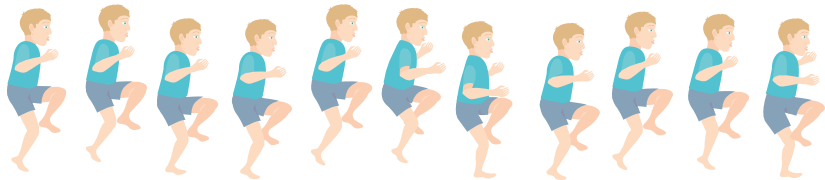
- Brief period where both feet are off the ground
- Narrow foot placement, landing heel or toe (not flat footed)
- Arms move in opposition to legs with elbows bent
- Non support leg, approximately 90 degrees (close to glutes)

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Fundamental Movement Skill - Hopping

Developmental sequences for hopping for 2 – 5 year old children



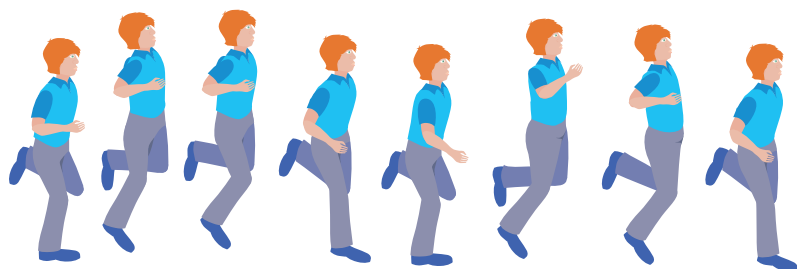
Stage One

- Non support foot in front with thigh parallel to floor
- Body straight



Stage Two

- Non support knee bent with knee in front and foot behind support leg.
- Slight body lean



Stage Three

- Non support knee behind support leg.
- More body lean
- Bilateral arm action

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Age range for the components of Hopping

- Hops up to 3 times on preferred foot – age 2-3
- Hops 4-6 times on same foot – age 3-4
- Hops 8-10 times on same foot – age 4-5
- Hops dist 15 m in about 11sec age 4-5

Development Matters Physical Development: Moving and Handling...30-50 months

Moves freely and with pleasure and confidence in a range of ways, such as hopping.

Teaching strategies - Hopping

- Provide activities that make use of their favourite foot
- Practise single leg balances
- Increase the number of hops
- Encourage the children to hop on either leg in different directions
- Challenge children to hop in patterns

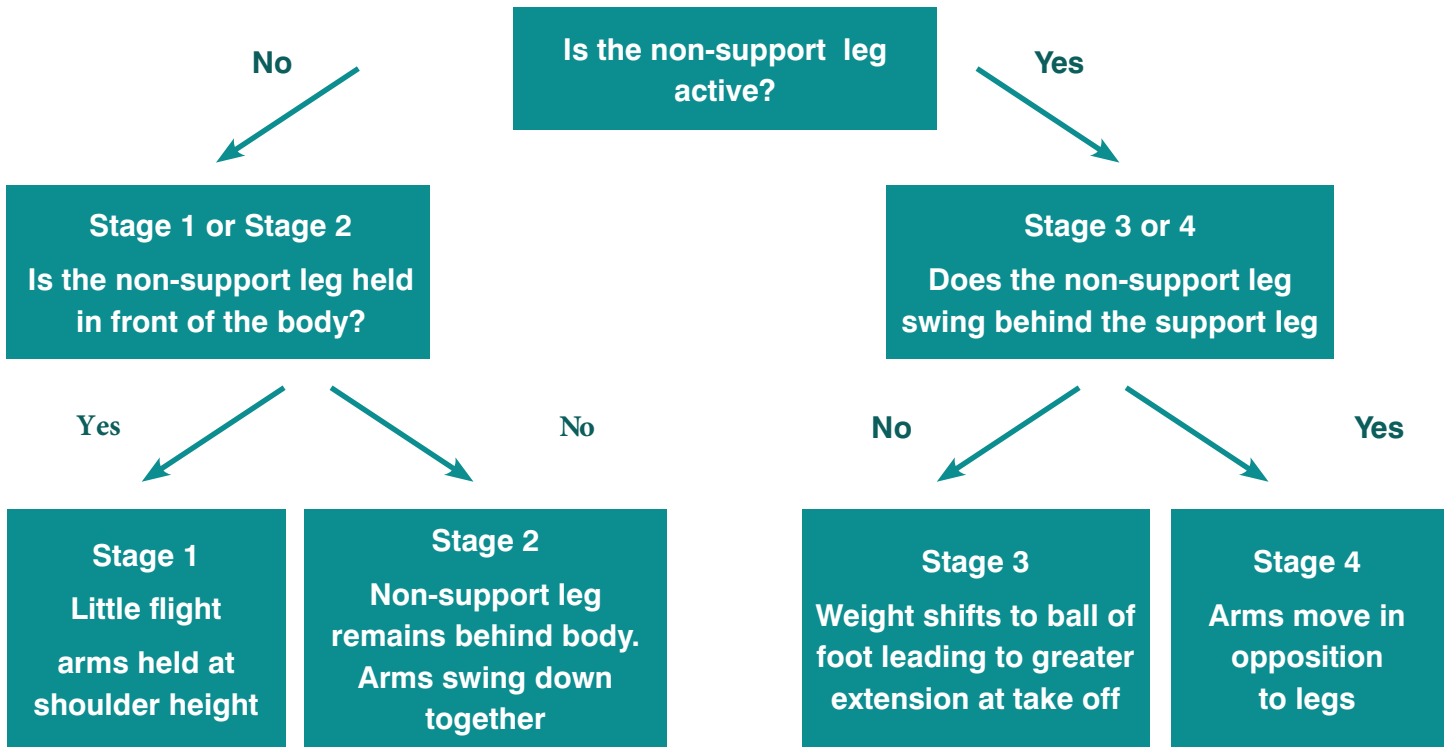
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Fundamental Movement Skill - Hopping

Observation Plan for Hopping

ARM AND FOOT ACTION



Hopping (developmental order)

- Takes off and lands 3 times with same foot
- Takes off and land 3 times with other foot
- Foot of non support leg remains behind body
- Arms swing forward to produce force
- Non support swings forward to produce force

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Fundamental Movement Skill - Jumping

Developmental sequences for jumping for 2 – 5 year old children



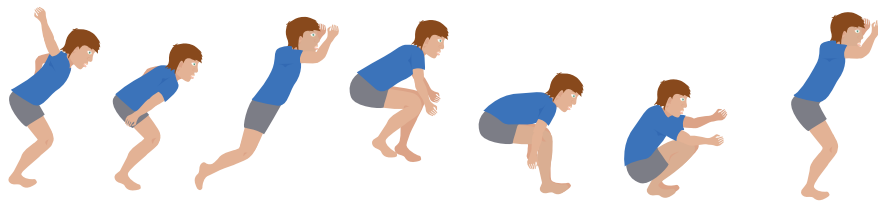
Stage One

- Limited arm swing
- Difficulty in using legs and feet at take off
- Body moves vertically



Stage Two

- Arms initiate the jump
- Arms remain forward of body during preparation
- Extension of legs more consistent



Stage Three

- Arms swing back & move forward from crouch
- Full extension of legs
- Body leans forward on landing

Age range for the components of jumping

- Jump down from object with one foot lead –
18-24 months
- Jumps off the floor with both feet –24-30 months
- Jumps 2 feet to 2 feet (about 1m) –
4-5 years old

Development Matters - Physical Development: Moving and Handling...30-50 months

Moves freely and with pleasure and confidence in a range of ways, such as jumping.

Teaching strategies - Jumping

- Emphasise the importance of the arm movement
- Use imagery – “can you uncoil like a spring?”
“Can you land as softly as a fairy?”
- Use guided discovery strategies -“What happens if..?”
“Can you jump further if..?”
- Challenge the children – “Can you jump as long as you are high?”

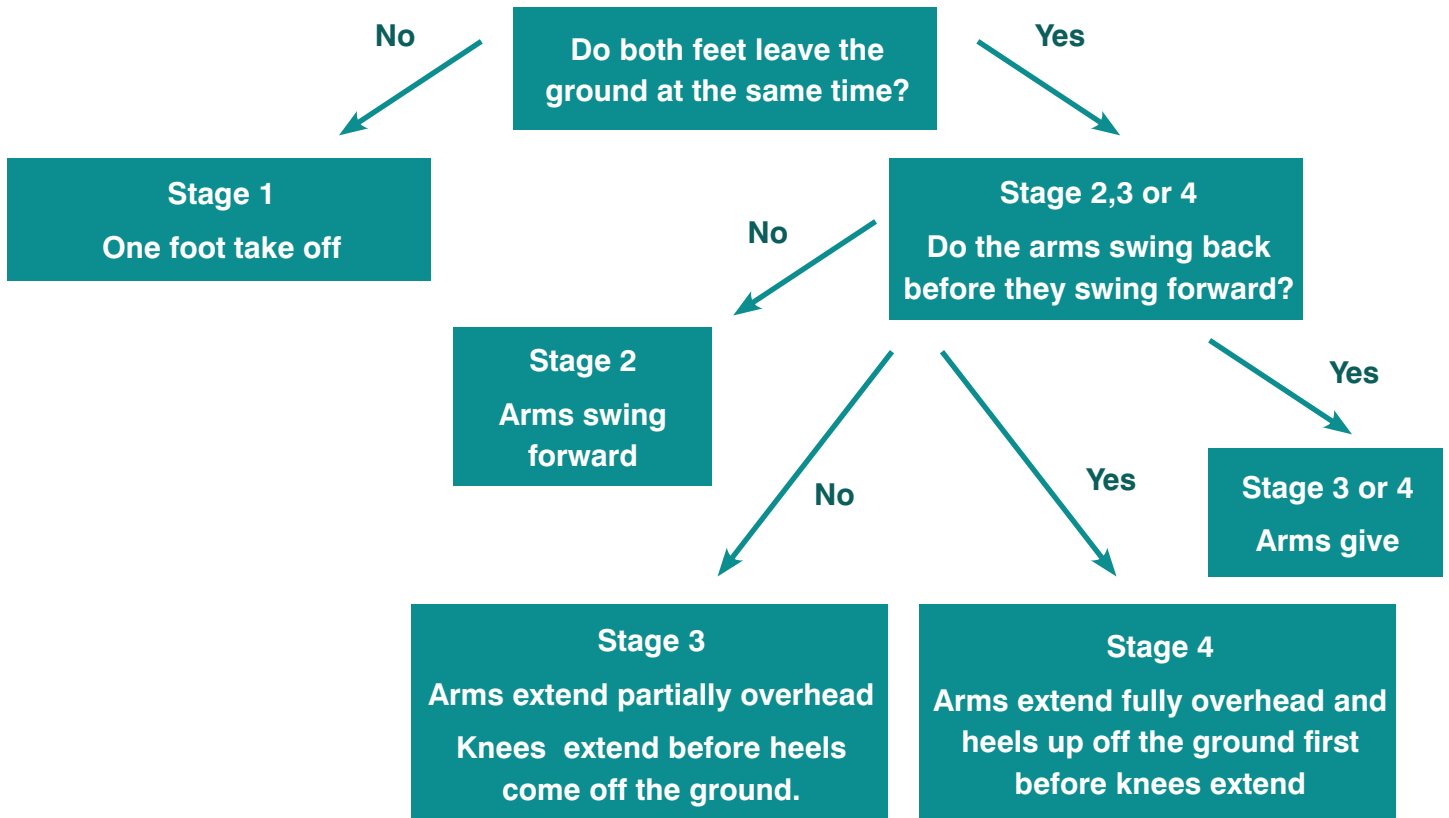
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Fundamental Movement Skill - Jumping

Observation Plan for Jumping

ARM ACTION



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Jump (developmental order)

- Take off and land on both feet at the same time
- Arms swung downwards during landing
- Movement starts by bending knees and arms behind body

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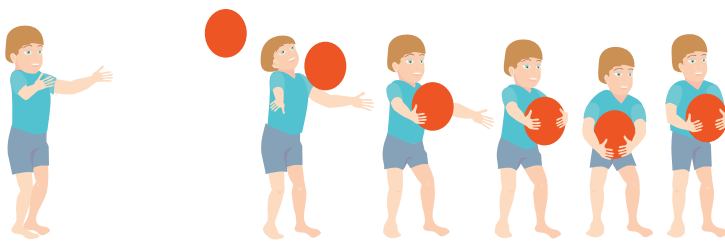
Fundamental Movement Skill - Catch

Developmental sequences for catching for 2 – 5 year old children



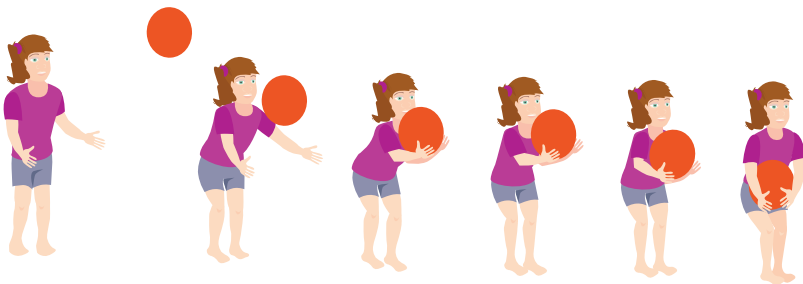
Stage One

- Feet stationary
- Delayed arm action
- Arms straight out in front



Stage Two

- Feet stationary
- Arms encircle ball as it approaches.
- Ball is hugged to chest



Stage Three

- Single step sometimes used to approach ball.
- Arms scoop the ball to chest.

Age range for the components of catching

- Responds to ball in air with delayed arm movements – 2-3
- Needs to be told how to position arms 2-5
- Scoop catch using body – 3-5
- Turns head away (fear) 3-5
- Catches using hands only (smaller object) 5-6

Development Matters Physical Development: Moving and Handling... 30-50 months

- “Can catch a large ball”
- Plan activities where children can practice moving in different ways and catching

Teaching strategies Catching

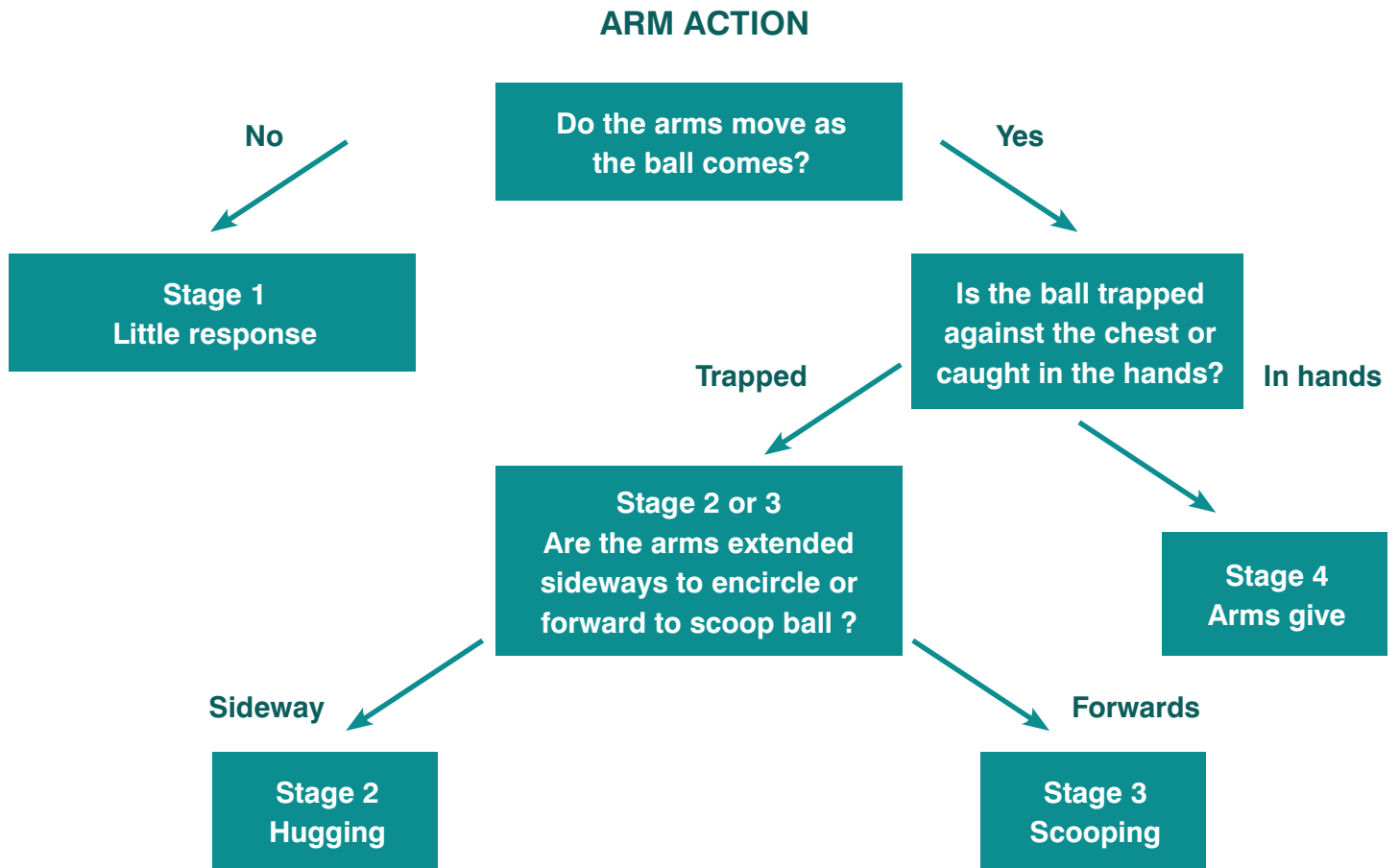
- Use balloon balls/ soft balls to give children time to track the ball
- Encourage catching in hands (not against body). Start with bounce and catch

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Fundamental Movement Skill - Catch

Observation Plan for Catching



Catch (developmental order)

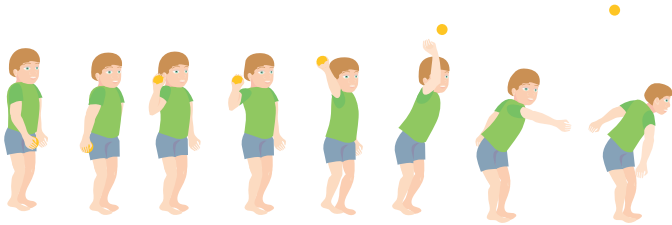
- Preparation phase, hands in front of body and elbows flexed.
- Arms extend while reaching for the ball as it arrives.
- Ball is caught by hands only.

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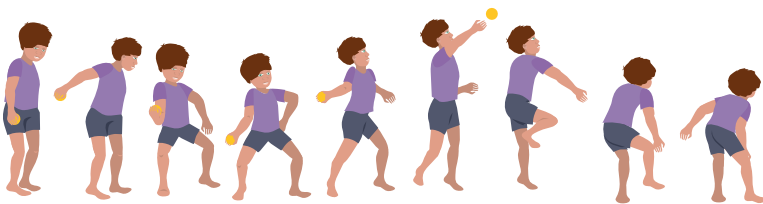
Fundamental Movement Skill - Throwing (Overarm)

Developmental sequences for throwing for 2 – 5 year old children



Stage One

- Feet remain stationary.
- Action is mainly from the elbow and resembles a push
- Follow through is forwards and downwards
- There is little or no trunk rotation



Stage Two

- Action of throw resembles a sling rather than a throw.
- Rotation of the body
- May step on either leg



Stage Three

- Arm is swung back and forwards high over shoulder
- Steps forward with same leg as throwing arm
- Body and shoulders turn toward throwing side

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Age range for the components of throwing

- Body faces target, feet stationary, object thrown with forearm extension only – 2-3
- Same as above but with body rotation – 3 – 5
- Step forward with same leg as throwing arm – 4-5
- Mature throwing pattern – 4-6

Development Matters - Physical Development: Moving and Handling... 30-50 months

- Moves freely and with pleasure and confidence in a range of ways, such as throwing.

Teaching strategies - Throw

- Concentrate on throwing for distance rather than accuracy
- Provide a cue indicating which foot should step forward
- Challenge the children to throw greater distances and accuracy.
- Practise a run up

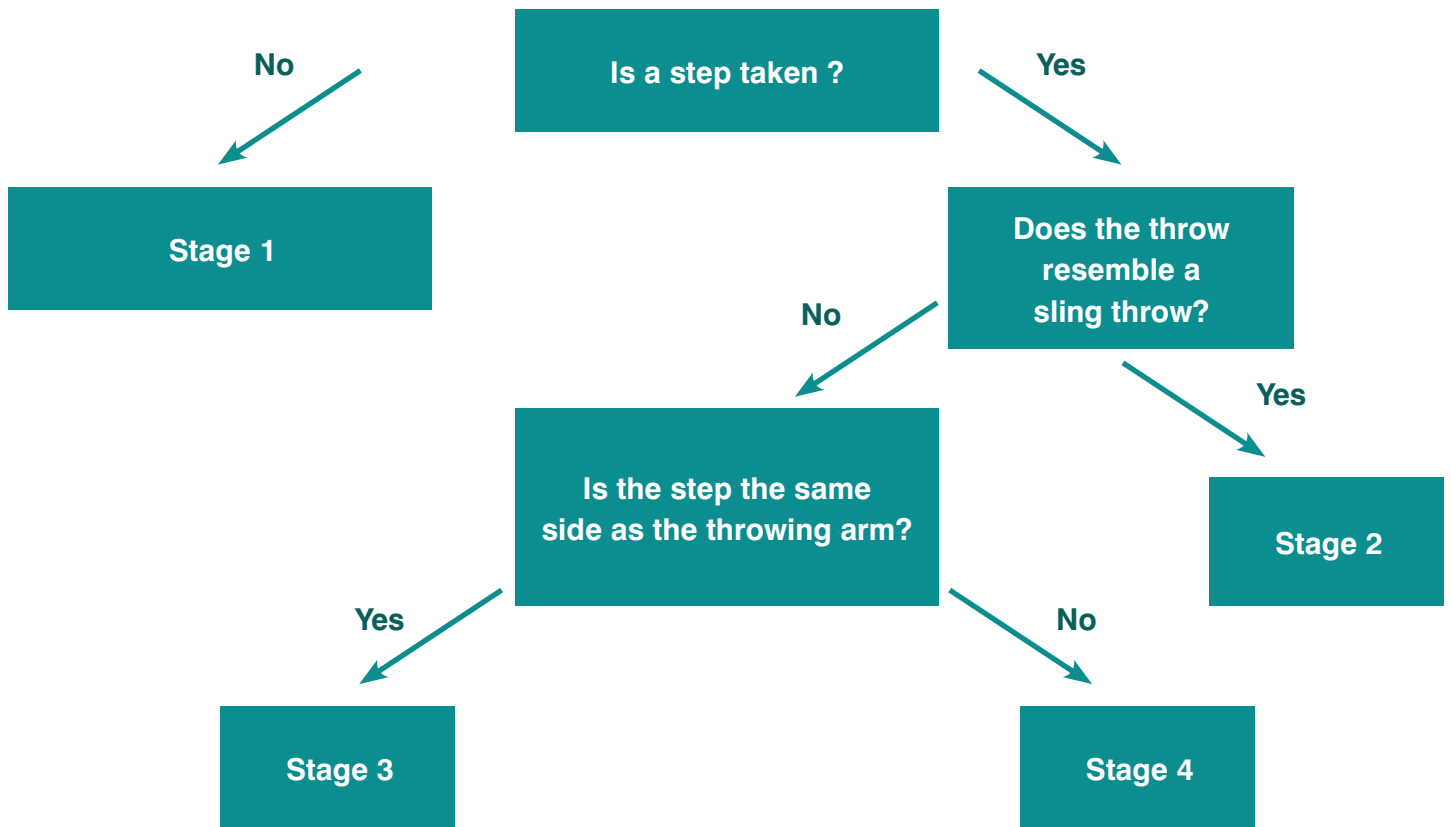
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Fundamental Movement Skill - Throwing

Observation Plan for Throwing

ARM AND FOOT ACTION



Throw (developmental order)

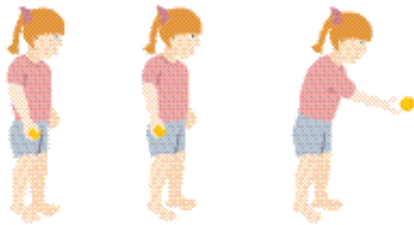
- Downward movement of hand/arm
- Follow through beyond ball release diagonally across the body to the non-preferred side
- Transfers weight by stepping with the foot opposite to throwing arm
- Rotates hip and shoulder to where the non-throwing side faces opposite side?

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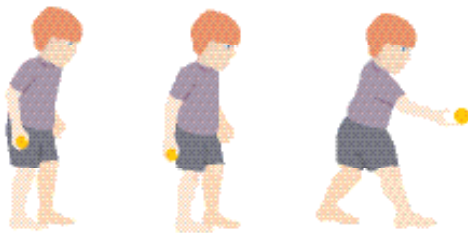
Fundamental Movement Skill - Underarm Throw

The underhand or underarm throw is useful for short distances, particularly when accuracy is important. It is used in several games and is the only throw permitted for a softball pitcher to the batter. A similar action is used to serve in volleyball and badminton.



Immature

- Ball is held with in one hand
- Feet together or close together
- Forward arm swing and body lifts with release of ball
- Limited follow through of arm



Developing

- Eyes monitor target and ball
- Ball held in front of body
- Steps forward with same foot as throwing arm
- Forward arm swing



Mature Throw

- Head and body stable, eyes focused on target area
- Steps forward with opposite foot to throwing arm
- Well timed release
- Follows through with straight arm

Teaching prompts

- Face direction of the throw
- Eyes on the ball
- Step forward with opposite foot to throwing hand
- Follow through with arm, fingers pointing towards target

Teaching Strategies

- Use appropriately sized equipment for the child and the activity. Large playground balls are difficult for children to control with one hand. Use different equipment i.e. beanbags, kooshballs shuttlecocks and balls.
- increase the distance of the throw towards a target
- Increase the accuracy of the throw to targets of decreasing sizes
- After mastering the basic pattern work towards increasing distance and accuracy

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Lancashire 5 FMS for Under 5's Summary of Characteristics

Fundamental Movement Skills	Stage 1	Stage 2	Stage 3	Age Range Components
Run	Arms high Flat footed Short stride	Arms middle Mainly flat footed Longer stride	Arms moving in opposition Heel-toe contact	<ul style="list-style-type: none"> Hurried walk - 14-18 months First true run (no contact with surface, flight) – 2-3 years Efficient and refined run – 4-5
Jump	Limited arm swing Difficulty in using legs and feet at take off Body moves vertically	Arms initiate the jump Arms remain forward of body during preparation Extension of legs more consistent	Arms swing back & move forward from crouch Full extension of legs Body leans forward on landing	<ul style="list-style-type: none"> Jump down from object with one foot lead – 18-24 months Jumps off the floor with both feet –24-30 months Jumps 2 feet to 2 feet (about 1m) – 4-5 years old
Hop	Non support foot in front with thigh parallel to floor Body straight	Non support knee bent with knee in front and foot behind support leg. Slight body lean	Non support knee behind support leg. More body lean Bilateral arm action	<ul style="list-style-type: none"> Hops up to 3 times on preferred foot –age 2-3 Hops 4-6 times on same foot – age 3-4 Hops 8-10 times on same foot – age 4-5 Hops dist 15 m in about 11sec age 4-5
Throw overarm	Feet close together Push throw No rotation	Horizontal wind up sling throw Follow through across body	Steps forward with same side leg and arm Arm swung back and follow through across the body.	<ul style="list-style-type: none"> Body faces target, feet stationary, Object thrown with forearm extension only – 2-3 Same as above but with body rotation – 3 – 5 Step forward with same leg as throwing arm – 4-5
Catch	Feet stationary Delayed arm action Arms straight out in front	Feet stationary Arms encircle ball as it approaches. Ball is hugged to chest.	Single step sometimes used to approach ball. Arms scoop the ball to chest.	<ul style="list-style-type: none"> Responds to ball in air with delayed arm movements – 2-3 Needs to be told how to position arms 2-5 Scoop catch using body – 3-5 Turns head away (fear) 3-5 Catches using hands only (smaller object) 5-6

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