

1

Introduction

The fundamentals pack includes a selection of activities to develop and test physical competence. Fundamental Movement Skills (FMS) serve as a foundation which allow children to develop more complex movements and sport specific skills.

The activities in this pack are designed to suit the competence level of the children from the KS1 age group. FMS development is essential for children to master correct movement patterns in a safe and fun environment, ensuring safe and effective performance of more complex specific movements at a later stage.

The activity cards can be used in school, at home, indoors (some may need adapting) or as part of a competitive offer. The school cards will provide some easy, simple ideas that will compliment your curriculum. The home cards reflect the school cards and both will prepare the children for the competitive element.

2

Fundamentals *competition cards*

The competition cards could be used to encourage challenge during a lesson or could be used as part of an intra school festival. Teams and / or classes can also enter the NT inter school competition. There are also individual activities to encourage pupils to achieve their personal best.

3

Fundamentals @home

The home cards could be sent home as part of a learning pack, they include some ideas for activities and some personal best challenges. They could also be used to encourage pupils to take part in the recommended 30 active minutes at home.



1

Equipment

@home

- Objects to act as rocks e.g. clothing
- Chalk or markers

3

Activity

- Take the child through a little story. *Can you attempt to jump the stream? You must jump with two feet to two feet.*
- Different objects or items can be used as rocks and the child could land on those to try and make it to the other side
- Can they work out a route to take then to the other side?
- You could use this activity to explore different jumps, one foot to two feet, one foot to another foot etc.

4

Challenge

- Ask the child to lie down and measure their height
- You could use chalk to draw around their body, if you have no chalk simply mark the feet, knees, waist, shoulders and head
- Try to jump from two feet to two feet as far as possible down the body length
- Remember, measure from the take off point to the back of the heel
- Could you join in, could you be measured and then have a go!

2

Warm Up

- Ask the child to explore some jumping movements. *How many different types of jumps can you do safely? Which animals can you jump like, can you imitate the animals?*
- Ask the child and get them to demonstrate. *How far can you jump? How high can you jump? Can you jump from side to side, can you jump forwards & backwards? Which animals jump in this way?*
- Ask the child to come up with three jumps. Can they repeat those jumps again so that they create a very simple sequence.
- You could put some music on and they could jump to the beat of the music

Tips

The correct landing position, is with control and bent knees. Try asking *“are your arms being used to help you jump?”*



If you have space, place down a marker at 3.73m. That is the distance of the current Standing Long Jump world record. How many jumps does it take to get to that distance?



1

Equipment

- String or rope to mark areas
- Soft objects, cuddly toys, balls etc.

@home

3

Activity

- How quickly can they lift one knee to their tummy and then the other knee, can they keep repeating this on the spot and can you encourage them to steadily go a little faster?
- Call out “red”, “amber” or “green”. Red means stop, amber means go slowly & green means go a little faster!
- Ask the children to react when the colours are called out and move their knees to match the command

4

Challenge

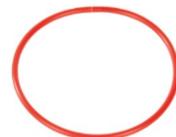
- Set up two areas 5 metres apart. One area is “Treasure Island” & contains different items (soft toys, bean bags, balls). The other is their Island
- On the command “GO!” can they move all of the treasure onto their island?
- “Can you move it all in 30 seconds?” Remember, collect just one piece at a time
- “Did you find that easy”, “How many pieces of treasure did you move?” “Can you get more next time?”
- Did you collect all of the treasure? If you did how could you make it harder next time?

2

Warm Up

- Ask the child to have a little jog around a room, pick the room with the most space, even better an outside area, they could even jog on the spot
- “You are going to spot different coloured objects”
- On hearing a colour the child will run to the nearest object which displays that colour and then freeze
- “You need to be aware of furniture and items around the space”, this will help develop spatial awareness
- Now you could call out different ways of moving or a sequence of colours e.g. red, blue, green that the child moves to and from

“Your” Island



Treasure Island



Tips

Ask the child to think about what happens with their arms? “Could they help to make you go faster?”



1

Equipment

- Ball or alternative
- Objects to create a target e.g. cans

@home

2

Warm Up

- Ask the child to think of different animals and how the different animals move, could you write them down on a piece of paper and place it so they can see?
- Identify some words and ask your child to move around a clear area using some animal actions e.g. slither, crawl, gallop, bounce
- Can they change the way they move when a different animal is called out? Could they think of an animal that moves in a different way?

3

Activity

- Ask the child to sit cross legged on the floor and try to roll a ball on the floor around their body
- Can they complete the task with the left & right hand?
- With their legs out straight can the child balance a ball on their legs, can they roll it down to their toes and back using two hands?
- Create a line on a smooth surface i.e. chalk on pavement, or by laying a piece of string on kitchen tiles. Can the child roll a ball along that line?
- To add a little challenge, can you put targets out and get them to try and roll a ball toward those targets

Tips

When rolling and receiving, bend your knees to get low to the ground.

4

Challenge

- Do you have an outside wall that you could use?
- Ask the child to try to roll a ball so it rebounds off the wall, then collect with both hands. Try next time with just 1 hand, the right and then the left
- Could you increase the distance they roll from and repeat the activities?
- Could you make this into a challenge and award points for different distances



@home

1

Equipment

- Flat objects as markers such as items of clothing, tea towels

3

Activity

- Can you ask the child to practice standing very still on one leg and then the other for 5 seconds
- Can they hop on the spot for five seconds then change legs and do the same
- Can they hop forwards five times on their right and then their left leg
- How far can the children get in one hop on each leg?
- Can they try to get further on their next turn?

Tips

In the activity bend the leg being used to push off. Remind the child to take off and land on the same foot and also look ahead and use the arms for balance.



2

Warm Up

- Introduce some animals into the warm up. *One at a time, can you show me how these animals move?* E.g. frog, crocodile, caterpillar, bunny, spider, giraffe
- Explore different movements and levels, small and low or big and high. What do they see? Imagine something on the ground and then something in the sky i.e. a kangaroo & a bird

4

Challenge

- Could you create a little story? Could they attempt to avoid the lava? Drop down spots or items of clothing could be rocks
- Ask them to try and travel to the other side. *“Can you get to the other side by trying different jumps?”*
- Try two feet to two feet, jump from one leg & then land with two, now try jumping off the other leg
- Could you use different items to indicate landing with two feet and another item for landing on one foot?

1

Equipment

@home

- Paper & items to draw with
- Item to make lines e.g. string, pencils
- Rolled up socks/ crumpled up paper

3

Activity

- Place large pictures of animals at varying heights on a wall where there are no windows. If you don't have access to a printer or any magazines could you draw some different animals? Try to get the child to think of some animals that are small, some that are tall
- Can the child feed the hungry animals by throwing them some food (rolled up socks/crumpled up paper)?
- "Can you feed every animal on the wall?"
- Move the throwing line back one step and see if they can feed every animal again

Tips

Try to encourage a smooth arm action. A balanced and stable position will help and also encourage throwing with opposite leg to arm

2

Warm Up

- This warm up activity is designed to mobilise the arms and shoulders
- On the command "hands high" ask the child to punch their hands upwards, on the command "hands low" punch hands downwards
- Encourage the child to keep walking, jogging or skipping at all times as they are doing these movements
- Other commands could include rotating arms forwards, arms backwards, hands forward, hands wide, one up/ one down
- Make sure there is enough space to move, especially with their arms outstretched, we don't want any ornaments flying!

4

Challenge

- Create a big game of noughts and crosses, you could make a grid with string, with pieces of paper, it could also be chalked or taped
- Throw under arm and take turns throwing towards the grid. Throw one sock or item at a time, aim to achieve 3 in a row



1

Equipment

- Large ball or rolled up pair of socks

3

Activity

- Ask the child to stand in a space with a ball or rolled up pair of socks and try the following actions:

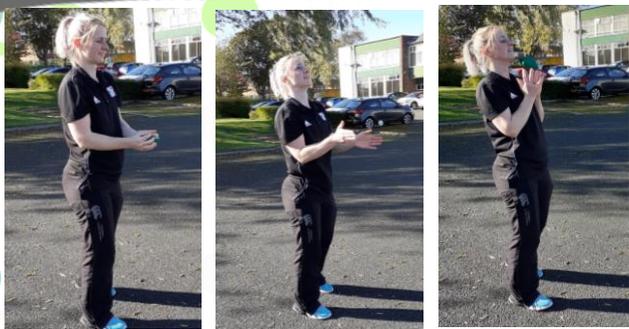
Throw item up – catch

Throw item up – clap – catch

Throw item up – clap x2 – catch

- If you have a ball why not try and repeat these actions and then add this next step

Bounce down – Clap - Catch



@home

2

Warm Up

- Ask the child to jog on the spot with their arms out straight to the side. When you call “flapping birds” instruct them to move their arms up and down, keeping them straight whilst on the spot
- On the command “flying birds” instruct them to jog around a space with their arms stretched out to the side, gently moving them up and down
- Use different commands: Fly high, fly low, or call out different birds. Be aware of the space, we don't want any collisions

4

Challenge

- Using the space on a wall where there are no windows ask the child to stand behind a line and push a large ball or object from the chest, so it hits the wall, let it bounce on the ground towards them and then they try to catch it
- Use different markers so they are throwing from different points e.g. 1m, 3m & 5m
- *How many wall balls can you do in 30 seconds from each distance?*
- If you don't have a ball why not try timing 30 seconds and see how many they can do of each activity in section 3 with a rolled up pair of socks?
- How many can they do in 30 seconds, now can they challenge themselves to beat that score?

Tips

Make sure the child gets into the ready position, bent knees and open palms



1

Equipment

- A ball
- Objects/ markers e.g. cushions, pillows or pieces of clothing
- Flat markers e.g. paper, magazine
- Chalk or 12 small items

@home

3

Activity

- Ask the child to stand on the spot, drop the ball and then catch?
- *“How many of these can you do in 30 seconds?” “Where do you drop the ball from?” “How could you get more in 30 seconds?”*
- Whilst walking around a space, can the child now practice a bounce? Create some targets on the floor with paper or magazines. The child will then move around carrying the ball and each time they pass a target they must bounce the ball onto that target & catch it
- You could make this into a challenge, *“how many targets can you hit in 1 minute?”*

Tips

Remind the child to have their feet apart, knees bent and hands ready to receive the ball



2

Warm Up

- Can you randomly place some obstacles in a room or in a space outside e.g. cushions, pillows or pieces of clothing
- Can the child start by walking around the space and try to avoid these obstacles, could they pretend the items are toxic? How else could they move between the obstacles?
- Could they try some different movements, can they bounce like a frog - crouch down low and then jump up high, a rabbit doing bunny hops or a kangaroo doing big long jumps? *“What would these animals be looking to avoid?”*

4

Challenge

- You may not have a ball to bounce so you are going to encourage your child to bounce, like a little “Tigger”!
- They are going to imagine they are in the middle of a clockface
- You could mark a clock on the floor with chalk or with small items
- They are going to try to jump from the middle with two feet to 12 o'clock and then back to the middle, can they try 1 o'clock?
- *“Can you go all the way round the clock face by jumping towards each number?”*
- How long does it take, could they try again to beat this?



1

Equipment

- Cone/ flat marker/ paper
- x10 objects/ pairs of socks

@home

3

Activity

- The child is going to explore some balances
- Ask them to stand on one foot. You will need to set out markers in front, behind and to both sides of them and they should be around 30cm from the foot that the child is balancing on
- Ask the child to touch the markers with the other foot in the order that you call out i.e. “front” “right” “behind”
- Next ask the child to stand on one foot and touch markers with their hand
- Now ask them to balance on their knees (with a mat or grass underneath) and try to touch an object with their hand
- The object should be at a distance to challenge the child
- *“Can you think about using different body parts to help you balance?”*

Tips

For the activity section encourage the child to bend their knees and to keep the body low to the ground to help stability.

2

Warm Up

- Ask the child to think about different animals and how those animals move. When asked could they hold a position? This position should represent the animal
- Identify some words that demonstrate different animal actions to get them started e.g. frog - bending down with two hands between their legs, a bird – their arms out to the side
- *“Can you think of another animal?”*

4

Challenge

- Sitting on the floor ask the child to pass some objects from a zone on one side of their body to a zone on the other side of their body, using only their feet
- They can use their hands to swivel but not to move any of the objects
- Time how many objects can be moved from one zone to another in 30 seconds or how quickly can all objects be moved?

