The 8 Fundamental Movement Skills (FMS)

FUNS Framework – Skills 1 to 4

Static Balance: 1 Leg

On both legs:

- Place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.
- 2. Perform above challenge with eyes closed.
- **3.** Stand on uneven surface and place cones at 12, 3, 6 and 9 o'clock on imaginary clock face and pick them up with same hand.

Static Balance: Seated

1. Reach and pick up cones on the floor whilst on a bench, without losing balance.

- 2. Turn 360° in either direction, first on the floor then on a bench.
- Balance on an uneven surface, e.g. wobble cushion, for 10 seconds.
- Reach and pick up cones on the floor whilst on an uneven surface.

Static Balance: Floorwork

1. Hold front support position with only 1 foot in contact with floor and transfer tennis

ball on and off back.
Hold front support position with only 1 foot in contact with floor and transfer tennis ball on and off back with eyes closed.

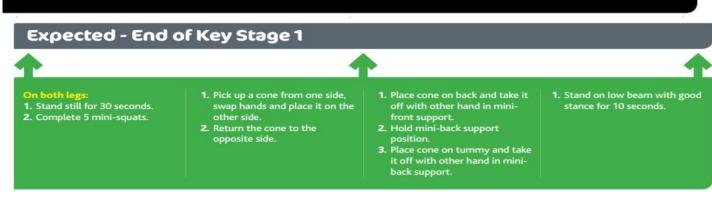
Stance 1. Throw and catch small ball,

Static Balance:

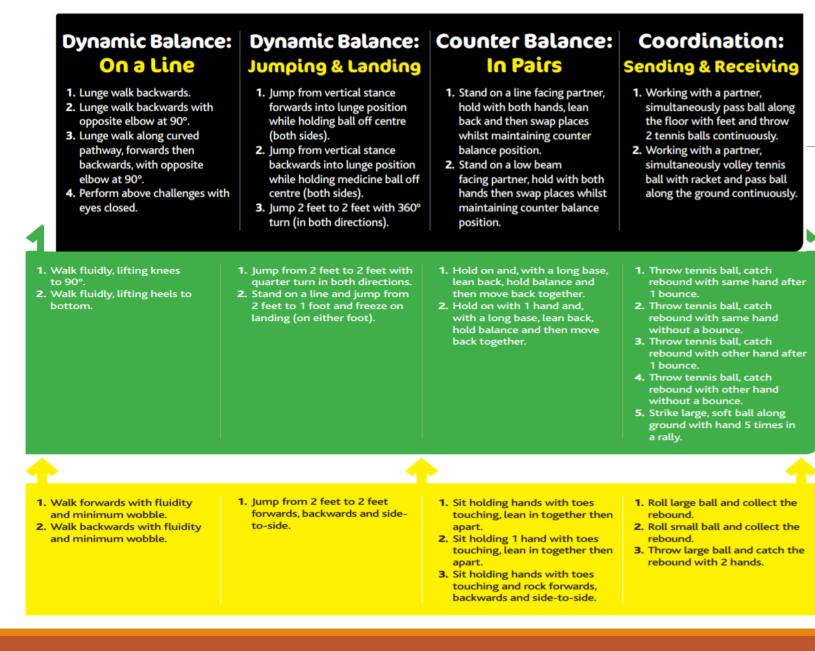
- Throw and catch small ball, catching across body with either hand.
- 2. Throw and catch 2 balls alternately, catching across body with either hand.
- **3.** Volley large ball back to a partner with either foot.

Within the Jasmine platform, there is also clear progression within the fundamental movement skills.

This outlines what is expected for the children to achieve by the end of KS1.



FUNS Framework – Skills 5 to 8



This is an example of what challenge looks like in a typical lesson. All children will have a go at the yellow section, before then, if they want to be challenged, having a try at the other colours.

There are videos to support the challenge suited for the skill.

