



Fundamental Movement Skills (FMS) are the building blocks of physical development. These core skills enable children to participate in a wide range of physical activities with confidence and competence. By mastering FMS early, pupils are better equipped to engage in more complex movements and activities as they grow.

If you are looking to develop a particular FMS with your pupils use this table of contents to identify which Active Families activity will support you.

### Balance

- Add it on
- All Four, I Score
- Book Balance
- Cereal Box Challenge
- Change it
- Crabs and Scorpions
- Grandmothers Footsteps
- Gymnastics Obstacle Course
- Hats
- Knee Boxing
- Limbo
- Musical Statues
- Nature Walk
- Piggy Back
- Spider's Web
- Transport Dance
- Transporter
- Walk the Plank

### Catch

- Dodge or Catch
- Wall Catch

### Jump

- Footwork Frenzy
- Gymnastics Obstacle Course
- Traffic Lights
- What's that Word?

### Run

- Capture the Socks
- Change It
- Colour Command
- Fill it Up
- Find Three Things
- Fireball
- Home Base 1, 2, 3
- I Spy
- Shadow Tag
- Sock Pick Up
- Tails
- Touch Down
- Track and Touch
- Traffic Lights
- What's the Time Mr. Wolf

### Throw

- Balloon Volleyball
- Bottle Skittles
- Bowls
- Fireball
- Hit it to Win it
- Hit the Spot
- Hot Spots
- Kick, Roll, Throw
- Mousetrap
- Plane in Flight
- Push Pass
- Sock Boule
- Socks in Pots
- Spell it Out
- Wall Catch