



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 will support you.

Balance

- Add it on
- All Four 1 Score
- Animal Dance
- At a stretch
- Book Balance
- Cereal Box Challenge
- Change It
- Crabs and Scorpions
- Cross the Swamp
- Family Fun Dance
- Fill It Up
- Grandmother's Footsteps
- Gymnastics Obstacle Course
- Hamster Wheel
- Hats
- Knee Boxing
- Limbo
- Musical Statue
- Name Dance
- Nature Walk
- Newspaper Dance
- Point and Patch
- Spider's Web
- Transport Dance
- Walk the Plank
- Word Dance
- Your Flow

Catch

- Catch Tennis
- Dodge or Catch
- Over the Net
- Wall Catch

Jump

- Cards Fitness Fun
- First To 50
- Footwork Frenzy
- Gymnastics Obstacle Course
- Skipping Challenges
- What's that Word

Run

- Capture the Socks
- Change It
- Colour Command
- Field to stop
- Fill it up
- Find Three Things
- Fireball
- Footwork Frenzy
- Home Base 1 2 3
- Home Rounders
- I Spy
- Kick Rounders
- Letterbox
- Pairs
- Roller Ball
- Score Runs
- Shadow Tag
- Sock Pick Up
- Spelling Bee
- Tails
- The Rescuer
- Touch Down
- Track and Touch
- Traffic Lights
- What's the Time Mr Wolf

Throw

- Balloon Volleyball
- Bottle Skittles
- Bowls
- Catch Tennis
- Field To Stop
- Fireball
- Hit It To Win It
- Hit The Spot
- Hot Spots
- Jeu De Palme
- Kick Roll Throw
- Mousetrap
- Plane In Flight
- Protect The Gate
- Push Pass
- Roller Ball
- Score Runs
- Skills School
- Sock Boules
- Socks In Pots
- Socktastic Dodge
- Spell It Out
- Squat And Shoot
- Three In A Row
- Wall Catch