



KS2 Active Families

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
- Book Balance
- Cereal Box Challenge
- Change It
- Crabs and Scorpions
- Cross the Swamp
- 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

- Ballers
- Balloon Volleyball
- Beat The Bowler
- Catch Tennis
- Champ
- Dodge or Catch
- Fireball
- Home Rounders
- Jeu De Palme
- Over the Net
- Rally
- Roll and Run
- Skills School
- Socktastic Dodge
- Tag Rugby Skills
- Wall Catch

Jump

- 10-1 Workout
- 5 Minute Challenge
- 7 Minute Workout
- Beat the Bowler
- Cards Fitness Fun
- Dance By Chance
- Down From 10 Up From 5
- Family Fun Dance
- Find the Rainbow
- First To 50
- Fitness
- Footwork Frenzy
- Gymnastics Obstacle Course
- High Jump
- Kerby
- Long Jump World Record Attempt
- Name Dance
- Rock Paper Scissors
- Skipping Challenges
- Stickman
- Triple Jump
- What's that Word
- Word Dance

Run

- 6 In A Row
- Capture The Socks
- Change It
- Colour Command
- Cricket Runs
- Dodge the Defender
- Field to Stop
- Fill It Up
- Find Three Things
- Fireball
- Home Base 123
- Home Rounders
- I Spy
- It's All About the Pace
- Kick Rounders
- Letterbox
- Multiplication Circle
- Noughts and Crosses
- Pairs
- React
- Roll and Run
- 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

- Air Hockey
- Ballers
- Balloon Volleyball
- Beat the Bowler
- Bottle Skittles
- Bowls
- Champ
- Cricket Runs
- Dodge or Catch
- Field to Stop
- Fireball
- Hit for Wicket
- Hit It to Win It
- Hit the Spot
- Home Rounders
- Hot Spots
- Jeu De Palme
- Kerby
- Kick Roll Throw
- Mousetrap
- Over the Net
- Plane in Flight
- Protect the Gate
- Push Pass
- Rally
- Roll and Run
- Roll Goal
- Roller Ball
- Score Runs
- Skills School
- Sock Boule
- Socks in Pots
- Spell It Out
- Squat and Shoot
- Tag Rugby Skills
- Three in a Row
- Volleyball Serving Up Skills
- Wall Catch