	FMS	Reception	Year 1	Year 2
Body management	**Balancing**	Balance whilst stationary and on the move.	Show some control and balance when travelling at different speeds.	Show control and balance when travelling at different speeds.
	Changing direction	Change direction at a slow pace.	Show balance and co-ordination when changing direction. Run, stop and change direction with some balance and control.	Demonstrates balance and co-ordination when changing direction. Run, stop and change direction with some balance and control.
Locomotor Skills	**Running**	Run and stop when instructed.	Attempt to run at different speeds showing an awareness of technique	Show balance and co-ordination when running at different speeds.
	Skipping	Explore skipping as a travelling action		Link running and jumping movements with some control and balance.
	Jump	Jump with bent knees	Begin to link running and jumping movements with some control.	Show hopping and jumping movements with balance and control.
	Hop	Hop with bent knees	Jump, leap and hop and choosing which allows them to jump the furthest.	Show hopping and jumping movements with balance and control.
Object Control	**Throwing**	Throwing larger balls and beanbags into space. Throw and roll a variety of beanbags and larger balls to space.	Throw towards a target. Throw and roll towards a target with some varying techniques.	Change technique to throw for distance. Throw and roll towards a target using varying techniques with some success.
	Catching	Drop and catch with two hands Stop a beanbag or large ball send to them using hands.	Drop and catch a ball after one bounce on the move.	Dribble a ball with two hands on the move.
	Dribbling	Move a ball with feet. Attempt to stop a large ball sent to them using feet.	Move a ball using different parts of the foot.	Dribble a ball with some success, stopping it when required.
	Kicking	Kick larger balls to space	Kick towards a stationary target.	Show balance when kicking towards a target.
	Striking	Hit a ball with hands.	Strike a stationary ball using a racket.	Strike a ball using a racket.