

FUNDAMENTAL SKILL	WHAT DO WE WANT THE CHILDREN TO PRACTISE IN KEY STAGE 1?	If the children have mastered the fundamental skills, what sports will they be able to access?
CATCHING	To practise catching a large ball by stepping towards the ball as it comes towards them. Extend their arms out to pull the ball towards them.	Netball, basketball, cricket, rounders
RUNNING	To practise using their arms as they run in a streamlined way. The children should move the opposite arm to their leg. Head should be facing forward.	All sports - individual and team
HOPPING	Whatever the children can do on their dominant foot, can they do on their non-dominant foot? Practise hopping on their left and right leg. How long can they hop for?	Triple Jump
SKIPPING	Skipping is all about developing a rhythm. Can the children place their feet in the right direction when skipping? This skill is skipping without a skipping rope.	Triple Jump
JUMPING	Can the children jump from a two footed position? The children should use their arms when they jump in a 'ski' position so that their momentum takes them forward.	Long jump and all invasion games which require the children to jump to receive a ball (netball, tennis, badminton, volleyball)
OVERARM THROWING	We use shuttle cocks in school to develop this skill. Can the children use their other arm to balance? We want the children to practise throwing at a target and then gradually increasing the distance. Again, practise with right and left hand.	Cricket, rounders, tennis serve, volleyball spike, javelin throw.
UNDERARM THROWING	This skill is similar to the overarm throw. Practise aiming an underarm ball at a target. The children are aiming to get their throwing arm as straight as possible when they release the ball.	Cricket, rounders, netball, bowling
ROLLING A BALL	This is all about accuracy. Can the children roll a ball towards or in between a target? It is the same technique as an underarm throw, just lower.	Bowling, hockey
BOUNCING A BALL	This is another skill that needs to be practised with their right and left hand. The children are aiming to keep their ball under close control. How many bounces can the children do before they lose control?	Basketball, netball, tennis
KICKING A BALL	We want the children to be able to kick a ball with increased precision. Using the top part of the foot, can the children kick a ball straight and over increased distance. Practice right and left foot.	Football