

FMS Progression Map: Year 3 & 4

Year 3 and Year 4: every curriculum unit mapped to all six Fundamental Movement Skill strands.

Legend: CORE = main assessment evidence to record. SUPPORT = useful supporting observation. NOT FORMAL = not the main evidence point for this unit. Cells are colour coded: green = **CORE**, yellow = **SUPPORT**, grey = **NOT FORMAL**.

Year 3

Term	Unit / Sport	Running	Jumping and Landing	Balance	Throwing	Catching	Striking
Term 1	Netball	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: moving into space, changing lane/pathway and losing a marker before receiving a pass. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	SUPPORT Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: small controlled landing after reaching for a pass or intercepting a ball. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: stopping, landing on one/two feet and beginning to pivot without travelling. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	CORE Outcome: Throws to a moving target from 5-7m with some accuracy. Evidence: chest, bounce or shoulder pass to a moving teammate within 5-7m. Teach: Teach side-on stance, step with opposite foot, release timing and follow-through towards target.	CORE Outcome: Catches while moving slowly or adjusting body position. Evidence: receiving a pass while stepping towards the ball and preparing the next pass. Teach: Teach moving into line with the ball, hands ready, soft hands and watching the ball into hands.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 1	Gymnastics	SUPPORT Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: travelling into and out of balances or jumps using controlled pathways. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	CORE Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: performing jumps, hops and landings as part of a linked sequence. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: holding matched, mirrored or individual balances within a sequence. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 2	Dance	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: travelling with changes of speed, direction, level and pathway to match choreography. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	CORE Outcome: Performs repeated jumps, hops or rebounds in time with music and landing cleanly. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: holding shapes, freezes and transitions with body tension and control. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 2	Fitness	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: sustained movement, shuttle runs, quick starts and controlled changes of pace. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	CORE Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: repeated squat jumps, hops, bounds or skipping actions with safe landing mechanics. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: body control during circuits, transitions, turns and changes of direction. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 2	Rounders	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: running between posts, accelerating after striking and judging when to stop or continue. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	SUPPORT Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: small adjustment steps or hops when fielding or approaching a post. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: stable batting stance and ready fielding position before moving to the ball. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	CORE Outcome: Throws to a moving target from 5-7m with some accuracy. Evidence: fielding throw to a post, bowler or teammate with direction and appropriate force. Teach: Teach side-on stance, step with opposite foot, release timing and follow-through towards target.	CORE Outcome: Catches while moving slowly or adjusting body position. Evidence: fielding catches from bouncing, rolling or thrown balls while moving slowly. Teach: Teach moving into line with the ball, hands ready, soft hands and watching the ball into hands.	CORE Outcome: Strikes a slow moving ball with some control and direction. Evidence: striking a slow moving ball with timing and sending it into space. Teach: Teach eye tracking, side-on stance, timing contact and following through towards intended space.
Term 3	Dodgeball	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: dodging, side-stepping, retreating and changing direction to avoid a thrown ball. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	SUPPORT Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: jumping or landing after evasive movement while staying balanced. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: setting feet before throwing and recovering balance after dodging. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	CORE Outcome: Throws to a moving target from 5-7m with some accuracy. Evidence: aiming at a moving opponent with controlled force while staying in bounds. Teach: Teach side-on stance, step with opposite foot, release timing and follow-through towards target.	CORE Outcome: Catches while moving slowly or adjusting body position. Evidence: tracking, reacting and securing an incoming ball to regain possession. Teach: Teach moving into line with the ball, hands ready, soft hands and watching the ball into hands.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 3	Fundamentals Y3/4	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: agility tasks using changes of speed, direction, pathways and simple evasive movement. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	CORE Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: linked jumps, hops and rebounds with controlled landing mechanics. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: dynamic balances, low body position and recovery after movement. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	CORE Outcome: Throws to a moving target from 5-7m with some accuracy. Evidence: target throws and partner throws with direction, force and timing. Teach: Teach side-on stance, step with opposite foot, release timing and follow-through towards target.	CORE Outcome: Catches while moving slowly or adjusting body position. Evidence: catching from different heights while moving into line with the ball. Teach: Teach moving into line with the ball, hands ready, soft hands and watching the ball into hands.	SUPPORT Outcome: Strikes a slow moving ball with some control and direction. Evidence: controlled contact with a ball or object in simple sending activities. Teach: Teach eye tracking, side-on stance, timing contact and following through towards intended space.
Term 3	Athletics	CORE Outcome: Changes direction at jogging speed using side steps or pivots with no opposition. Evidence: sprinting, pacing, relay-style movement and maintaining form over distance. Teach: Teach side steps, pivots, head up, body low when turning and scanning for space.	CORE Outcome: Performs repeated jumps, hops or rebounds with control. Evidence: standing long jump, jumping for height/distance and landing under control. Teach: Teach hop-step-jump patterns, rebound control, soft knees and balance after landing.	CORE Outcome: Maintains balance while moving along a line, pathway or low apparatus. Evidence: stable landing after jump or throw and maintaining form when changing pace. Teach: Teach body tension, eyes forward, controlled travel and recovering balance after movement.	CORE Outcome: Throws to a moving target from 5-7m with some accuracy. Evidence: throwing for distance or accuracy using step, release angle and follow-through. Teach: Teach side-on stance, step with opposite foot, release timing and follow-through towards target.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.

Year 4

Term	Unit / Sport	Running	Jumping and Landing	Balance	Throwing	Catching	Striking
Term 1	Dodgeball	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: dodging, side-stepping, retreating and changing direction to avoid a thrown ball. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	SUPPORT Outcome: Links jumps into sequences and lands with control while moving. Evidence: jumping or landing after evasive movement while staying balanced. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: setting feet before throwing and recovering balance after dodging. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	CORE Outcome: Throws accurately under passive defensive pressure. Evidence: aiming at a moving opponent with controlled force while staying in bounds. Teach: Teach quick preparation, step into the throw/pass, body orientation and accurate follow-through.	CORE Outcome: Catches under passive pressure while maintaining control. Evidence: tracking, reacting and securing an incoming ball to regain possession. Teach: Teach ready hands, tracking under pressure, cushioning the ball and protecting possession.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 1	Dance	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: travelling with changes of speed, direction, level and pathway to match choreography. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	CORE Outcome: Links jumps into sequences and lands with control while moving. Evidence: performing leaps, jumps or rebounds in time with music and landing cleanly. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: holding shapes, freezes and transitions with body tension and control. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 1	Fitness	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: sustained movement, shuttle runs, quick starts and controlled changes of pace. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	CORE Outcome: Links jumps into sequences and lands with control while moving. Evidence: repeated squat jumps, hops, bounds or skipping actions with safe landing mechanics. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: body control during circuits, transitions, turns and changes of direction. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 2	Gymnastics	SUPPORT Outcome: Changes direction at speed in game situations under passive pressure. Evidence: travelling into and out of balances or jumps using controlled pathways. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	CORE Outcome: Links jumps into sequences and lands with control while moving. Evidence: performing jumps, hops and landings as part of a linked sequence. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: holding matched, mirrored or individual balances within a sequence. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 2	Handball	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: moving into space, changing direction at speed and creating passing angles. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	SUPPORT Outcome: Links jumps into sequences and lands with control while moving. Evidence: jumping or landing when receiving/intercepting or preparing to shoot. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: stopping, pivoting and staying stable under passive defensive pressure. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	CORE Outcome: Throws accurately under passive defensive pressure. Evidence: passing or shooting accurately under passive defensive pressure. Teach: Teach quick preparation, step into the throw/pass, body orientation and accurate follow-through.	CORE Outcome: Catches under passive pressure while maintaining control. Evidence: receiving passes while moving and preparing to pass, dribble or shoot. Teach: Teach ready hands, tracking under pressure, cushioning the ball and protecting possession.	NOT FORMAL Do not use this unit as the main evidence point for this strand.
Term 3	Cricket	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: running between wickets, turning quickly and judging when to run safely. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	SUPPORT Outcome: Links jumps into sequences and lands with control while moving. Evidence: small adjustment steps when fielding high or bouncing balls. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: balanced batting stance, ready fielding posture and stable throw preparation. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	CORE Outcome: Throws accurately under passive defensive pressure. Evidence: fielding throw to wicketkeeper, bowler or target with accuracy under time pressure. Teach: Teach quick preparation, step into the throw/pass, body orientation and accurate follow-through.	CORE Outcome: Catches under passive pressure while maintaining control. Evidence: catching from different heights/speeds while tracking the ball in fielding situations. Teach: Teach ready hands, tracking under pressure, cushioning the ball and protecting possession.	CORE Outcome: Strikes a moving ball in a game context with control and placement. Evidence: striking a moving ball with control, timing and beginning placement into space. Teach: Teach adjusting body position, timing contact, controlled force and placing the ball into space.
Term 3	Athletics	CORE Outcome: Changes direction at speed in game situations under passive pressure. Evidence: sprinting, pacing, relay-style movement and maintaining form over distance. Teach: Teach acceleration, deceleration, sharp changes of direction, scanning defenders and using space.	CORE Outcome: Links jumps into sequences and lands with control while moving. Evidence: standing long jump, jumping for height/distance and landing under control. Teach: Teach linking take-off and landing, controlled sequence transitions and stable recovery.	CORE Outcome: Maintains balance when turning, stopping or under passive pressure. Evidence: stable landing after jump or throw and maintaining form when changing pace. Teach: Teach low centre of gravity, controlled stopping, pivoting and stability under light pressure.	CORE Outcome: Throws accurately under passive defensive pressure. Evidence: throwing for distance or accuracy using step, release angle and follow-through. Teach: Teach quick preparation, step into the throw/pass, body orientation and accurate follow-through.	NOT FORMAL Do not use this unit as the main evidence point for this strand.	NOT FORMAL Do not use this unit as the main evidence point for this strand.