

# FMS Progression Map: Year 5 & 6

Year 5 to Year 6: 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 5

| Term   | Unit       | Running   | Jumping and Landing  | Balance  | Throwing   | Catching   | Striking  |
|--------|------------|---|--|--|--|--|---|
| Term 1 | Basketball | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in basketball context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively.    | SUPPORT<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in basketball context<br>Teach: Teach timing, controlled take-off, safe landing under pressure. | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in basketball context<br>Teach: Teach stability during contact, low centre of gravity, recovery. | CORE<br>Outcome: Throws under active pressure with control, speed and accuracy.<br>Evidence: applied in basketball context<br>Teach: Teach quick release, decision-making, body positioning under pressure.    | CORE<br>Outcome: Catches fast passes under pressure.<br>Evidence: applied in basketball context<br>Teach: Teach tracking fast balls, cushioning, securing possession.    | CORE<br>Outcome: Strikes with intent, placing into space under pressure.<br>Evidence: applied in basketball context<br>Teach: Teach placement vs power, timing, reading space.    |
| Term 1 | Gymnastics | SUPPORT<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in gymnastics context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively. | CORE<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in gymnastics context<br>Teach: Teach timing, controlled take-off, safe landing under pressure.    | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in gymnastics context<br>Teach: Teach stability during contact, low centre of gravity, recovery. | SUPPORT<br>Outcome: Throws under active pressure with control, speed and accuracy.<br>Evidence: applied in gymnastics context<br>Teach: Teach quick release, decision-making, body positioning under pressure. | SUPPORT<br>Outcome: Catches fast passes under pressure.<br>Evidence: applied in gymnastics context<br>Teach: Teach tracking fast balls, cushioning, securing possession. | SUPPORT<br>Outcome: Strikes with intent, placing into space under pressure.<br>Evidence: applied in gymnastics context<br>Teach: Teach placement vs power, timing, reading space. |
| Term 1 | Swimming   | NOT FORMAL<br>Not main evidence point   | NOT FORMAL<br>Not main evidence point  | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in swimming context<br>Teach: Teach stability during contact, low centre of gravity, recovery.   | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point   |
| Term 2 | Dance      | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in dance context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively.         | CORE<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in dance context<br>Teach: Teach timing, controlled take-off, safe landing under pressure.         | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in dance context<br>Teach: Teach stability during contact, low centre of gravity, recovery.      | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point   |
| Term 2 | Fitness    | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in fitness context<br>Teach: Teach evasion, change of  | CORE<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in fitness context   | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in fitness context<br>Teach: Teach stability during contact, low centre of gravity, recovery.    | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point   |

|               |                   |  |  |  |  |  |  |
|---------------|-------------------|--|--|--|--|--|--|
|               |                   | pace, scanning defenders, using space effectively.   | Teach: Teach timing, controlled take-off, safe landing under pressure.   |  |  |  |  |
| <b>Term 2</b> | <b>Football</b>   | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in football context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively.   | SUPPORT<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in football context<br>Teach: Teach timing, controlled take-off, safe landing under pressure.   | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in football context<br>Teach: Teach stability during contact, low centre of gravity, recovery.   | CORE<br>Outcome: Throws under active pressure with control, speed and accuracy.<br>Evidence: applied in football context<br>Teach: Teach quick release, decision-making, body positioning under pressure.      | CORE<br>Outcome: Catches fast passes under pressure.<br>Evidence: applied in football context<br>Teach: Teach tracking fast balls, cushioning, securing possession.      | CORE<br>Outcome: Strikes with intent, placing into space under pressure.<br>Evidence: applied in football context<br>Teach: Teach placement vs power, timing, reading space.   |
| <b>Term 3</b> | <b>Volleyball</b> | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in volleyball context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively. | SUPPORT<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in volleyball context<br>Teach: Teach timing, controlled take-off, safe landing under pressure. | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in volleyball context<br>Teach: Teach stability during contact, low centre of gravity, recovery. | SUPPORT<br>Outcome: Throws under active pressure with control, speed and accuracy.<br>Evidence: applied in volleyball context<br>Teach: Teach quick release, decision-making, body positioning under pressure. | SUPPORT<br>Outcome: Catches fast passes under pressure.<br>Evidence: applied in volleyball context<br>Teach: Teach tracking fast balls, cushioning, securing possession. | CORE<br>Outcome: Strikes with intent, placing into space under pressure.<br>Evidence: applied in volleyball context<br>Teach: Teach placement vs power, timing, reading space. |
| <b>Term 3</b> | <b>Athletics</b>  | CORE<br>Outcome: Adjusts speed and direction under active pressure (e.g. evading defender).<br>Evidence: applied in athletics context<br>Teach: Teach evasion, change of pace, scanning defenders, using space effectively.  | CORE<br>Outcome: Performs jumps in competitive contexts with control and timing.<br>Evidence: applied in athletics context<br>Teach: Teach timing, controlled take-off, safe landing under pressure.     | CORE<br>Outcome: Maintains balance in dynamic, competitive situations.<br>Evidence: applied in athletics context<br>Teach: Teach stability during contact, low centre of gravity, recovery.  | CORE<br>Outcome: Throws under active pressure with control, speed and accuracy.<br>Evidence: applied in athletics context<br>Teach: Teach quick release, decision-making, body positioning under pressure.     | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point  |

## Year 6

| Term   | Unit       | Running  | Jumping and Landing   | Balance   | Throwing   | Catching  | Striking  |
|--------|------------|--|---|---|--|---|---|
| Term 1 | Rugby      | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in rugby context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.         | SUPPORT<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in rugby context<br>Teach: Teach selecting correct jump type based on context.   | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in rugby context<br>Teach: Teach recovery from contact, maintaining control in chaos.      | CORE<br>Outcome: Selects type of throw (distance, angle, speed) tactically.<br>Evidence: applied in rugby context<br>Teach: Teach selecting pass type, angle, timing based on defenders.         | CORE<br>Outcome: Catches consistently (high, low, fast) under pressure.<br>Evidence: applied in rugby context<br>Teach: Teach consistency under pressure, varied catches.         | CORE<br>Outcome: Selects striking technique based on tactical need.<br>Evidence: applied in rugby context<br>Teach: Teach tactical placement, shot selection, adapting technique.         |
| Term 1 | Dance      | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in dance context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.         | CORE<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in dance context<br>Teach: Teach selecting correct jump type based on context.      | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in dance context<br>Teach: Teach recovery from contact, maintaining control in chaos.      | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point   | NOT FORMAL<br>Not main evidence point   |
| Term 1 | Fitness    | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in fitness context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.       | CORE<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in fitness context<br>Teach: Teach selecting correct jump type based on context.    | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in fitness context<br>Teach: Teach recovery from contact, maintaining control in chaos.    | NOT FORMAL<br>Not main evidence point  | NOT FORMAL<br>Not main evidence point   | NOT FORMAL<br>Not main evidence point   |
| Term 2 | Gymnastics | SUPPORT<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in gymnastics context<br>Teach: Teach tactical movement, decision-making, adapting to game situations. | CORE<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in gymnastics context<br>Teach: Teach selecting correct jump type based on context. | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in gymnastics context<br>Teach: Teach recovery from contact, maintaining control in chaos. | SUPPORT<br>Outcome: Selects type of throw (distance, angle, speed) tactically.<br>Evidence: applied in gymnastics context<br>Teach: Teach selecting pass type, angle, timing based on defenders. | SUPPORT<br>Outcome: Catches consistently (high, low, fast) under pressure.<br>Evidence: applied in gymnastics context<br>Teach: Teach consistency under pressure, varied catches. | SUPPORT<br>Outcome: Selects striking technique based on tactical need.<br>Evidence: applied in gymnastics context<br>Teach: Teach tactical placement, shot selection, adapting technique. |
| Term 2 | Hockey     | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in hockey context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.        | SUPPORT<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in hockey context<br>Teach: Teach selecting correct jump type based on context.  | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in hockey context<br>Teach: Teach recovery from contact, maintaining control in chaos.     | CORE<br>Outcome: Selects type of throw (distance, angle, speed) tactically.<br>Evidence: applied in hockey context<br>Teach: Teach selecting pass type, angle, timing based on defenders.        | CORE<br>Outcome: Catches consistently (high, low, fast) under pressure.<br>Evidence: applied in hockey context<br>Teach: Teach consistency under pressure, varied catches.        | CORE<br>Outcome: Selects striking technique based on tactical need.<br>Evidence: applied in hockey context<br>Teach: Teach tactical placement, shot selection, adapting technique.        |
| Term 3 | Cricket    | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in cricket context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.       | SUPPORT<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in cricket context<br>Teach: Teach selecting correct jump type based on context. | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in cricket context<br>Teach: Teach recovery from contact, maintaining control in chaos.    | CORE<br>Outcome: Selects type of throw (distance, angle, speed) tactically.<br>Evidence: applied in cricket context<br>Teach: Teach selecting pass type, angle, timing based on defenders.       | CORE<br>Outcome: Catches consistently (high, low, fast) under pressure.<br>Evidence: applied in cricket context<br>Teach: Teach consistency under pressure, varied catches.       | CORE<br>Outcome: Selects striking technique based on tactical need.<br>Evidence: applied in cricket context<br>Teach: Teach tactical placement, shot selection, adapting technique.       |
| Term 3 | Athletics  | CORE<br>Outcome: Selects and adapts movement based on tactical context.<br>Evidence: applied in athletics context<br>Teach: Teach tactical movement, decision-making, adapting to game situations.     | CORE<br>Outcome: Selects appropriate jump type (height, distance, timing).<br>Evidence: applied in athletics context<br>Teach: Teach selecting correct jump type based on context.  | CORE<br>Outcome: Maintains and recovers balance under unpredictable conditions.<br>Evidence: applied in athletics context<br>Teach: Teach recovery from contact, maintaining control in chaos.  | CORE<br>Outcome: Selects type of throw (distance, angle, speed) tactically.<br>Evidence: applied in athletics context<br>Teach: Teach selecting pass type, angle, timing based on defenders.     | NOT FORMAL<br>Not main evidence point   | NOT FORMAL<br>Not main evidence point   |
| Term 3 | Tennis     | CORE<br>Outcome: Selects and adapts movement based on tactical context.  | SUPPORT<br>Outcome: Selects appropriate jump type (height, distance, timing).   | CORE<br>Outcome: Maintains and recovers balance under unpredictable   | SUPPORT<br>Outcome: Selects type of throw (distance, angle, speed) tactically.   | SUPPORT<br>Outcome: Catches consistently (high, low, fast) under pressure.  | CORE<br>Outcome: Selects striking technique based on tactical need.   |

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|  |  | Evidence: applied in tennis context<br>Teach: Teach tactical movement, decision-making, adapting to game situations. | Evidence: applied in tennis context<br>Teach: Teach selecting correct jump type based on context. | conditions.<br>Evidence: applied in tennis context<br>Teach: Teach recovery from contact, maintaining control in chaos. | Evidence: applied in tennis context<br>Teach: Teach selecting pass type, angle, timing based on defenders. | Evidence: applied in tennis context<br>Teach: Teach consistency under pressure, varied catches. | Evidence: applied in tennis context<br>Teach: Teach tactical placement, shot selection, adapting technique. |
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