**Assessment**

**Fundamental Skills Key Stage 1**

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| **Year 1** **Name** | **National Curriculum: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.** | Develop and build upon their basic fundamental movement skills in **locomotion** (travelling actions such as running, jumping, skipping), **stability** (core strength and balance), and **object control** (handling and manipulating sports-based equipment, such as balls and beanbags). | Develop spatial awareness to be confident and safe in the spaces used. | Begin to choose and use skills effectively for particular activities. | Comment on their own and others’ performance and offer suggestions for improvement.  |
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