

Progression: Running & Stopping

- Children show a clear in-balance when moving forwards at any pace faster than walking. Need to numerous steps when coming to a stop (Development would focus on lots of activities/games requiring straight line running)
- Children maintain their balance when moving forwards, show an understanding that bending at the knee helps them to stop quickly. Struggle to maintain balance when changing direction in a regimented fashion (I.e Running in & out of cone slaloms)
- Children maintain their balance when changing direction in a regimented fashion, show an understanding that not crossing legs when changing direction helps them to maintain balance (Development would then focus on activities/games requiring children dodging, chasing, avoiding moving objects/people)
- Children maintain balance when moving fast in all directions & changing directions. Children react to variables and maintain balance whilst moving in a range of directions and stopping with competency (Development would now begin to integrate other factors such as another FMS - Kicking, Catching, Throwing, Jumping etc)
- When changing direction DON'T cross your feet!