

**FMS – Autumn 2 2022 (Started week 2 due to INSET week 1 ) – Taken from Motor skills united file.**

**Date;**

	Warm up – I can shrug my shoulders 10 times.	Lacing – I can thread a lace in and out of a lacing card shape.	Finger hooks – I can hook my index finger, pull and release 5 times.	Tearing paper – I can tear a piece of tissue paper, roll it into a ball and throw it into a target.	Snakes – I can thread beads onto a lace to make a snake in 2 minutes.	Push – I can place then push the palms of my hands together 10 times.
IU						
OE						
RA						
ZU						
AA						
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JB						