

Autumn 1

PE - Year 1 - Fundamentals

Kingfishers (Yr 1)

*What I should already know... how to use space when moving around - how to run and perform actions safely.*

Learning Objectives

*To explore balance, stability and landing safely.*

*To explore how the body moves differently when running at different speeds.*

*To explore changing direction and dodging.*

*To explore jumping, hopping and skipping actions.*

*To explore co-ordination and combination jumps.*

*To explore combination jumping and skipping in an individual rope.*

Vocabulary

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Dodge: to move suddenly from one side to another

Distance: the measurement of space

Hop: Take off on one foot and land on the same foot.

Jog: to run at a slow, steady speed

Jump: Take off and land on 2 feet

Skip: to jump over a moving rope or move from one foot to the other when moving

Sprint: to run at top speed for a short distance

Travel: A method of moving around space e.g. jog, slide, skip, crawl etc

Fundamental Skills

*Fundamental Movement Skills (FMS) are a specific set of gross motor skills that improve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills, and apply these to recreational activity or sport specific situations.*

Links to the National Curriculum

KS1

*Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive and co-operative physical activities in a range of increasingly challenging situations.*

*Pupils should be taught to master basic movements inc. running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.*

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



