

Year 1 - Multi-Skills - HT6



Prior Learning: In Early years, children began to develop the fundamentals of movement e.g. walking, running, jumping, hopping, skipping. Through first PE they attempted balancing activities (on the floor) and began to develop their agility (running in different directions). They also learned how to co-ordinate different body parts and they were introduced to equipment balloons and balls.

Physical Me

Key Skills

-Balance - On the floor, equipment (on body), low apparatus

-Agility - Running games



-Co-ordination -skipping, hopping, jumping, running
 - **Throwing** at a target
 - Moving with equipment in different directions

Thinking Me

- To remember my skills

Value Me:

- Kindness

Social Me

- Taking it in turns

Key Knowledge

Balance:

Head – Look forward
Shoulders – Arms in line
Knees – Slightly bent
 and **Toes** – Light feet

Safe- When moving look out for your friends

Personal Best (PB)- To beat your own score

Catching- Hands out ready to make a target

Key Vocabulary

Jump

Balance

Safe

Personal best

Target

Space

Jog

Rules

Dribbling

I can statements



Balance on lines with control and use equipment to balance on various parts of the body

Changing direction with some control (agility)

Co-ordinating body whilst beginning to move with equipment

Co-operate, compete and challenge themselves as a team in various games

Anything else you have learnt? What have you enjoyed?