# 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.

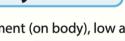


### **Physical Me**

# **Key Skills**

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

-Agility - Running games



- Kindness



## -Co-ordination -skipping, hopping, jumping, running

- **Throwing** at a target
- Moving with equipment in different directions

### Thinking Me

- To remember my skills

#### Value Me:

### 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?