



Subject: PE **Topic:** Multi-skills **Year Group:** Year 1

What I should already know:

Fundamental movement skills and beginning to move fluently, control, body strength, coordination, balance and agility, use of small motor skills, safely and confidently, core muscle strength to achieve good posture, combine different movements with ease and fluency, confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group, know and talk about the different factors that support their overall health and well-being, use skills they need to manage school successfully e.g. turn taking.

ELG: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Vocabulary:

Balance, base, push, agility, coordination, body parts, jog, hop, skip, jump, run, crawl, walk, kneel, sit, lie down, large, small, accuracy, aim, control, rotate, roll, stop, guide, movement, high, low, travel, fluency, change direction.

What I will know by the end of the unit:

- To perform balances using different body parts
- To run using good technique
- To move in and out of different obstacles using different directions in a controlled way
- To aim, stop and guide an object
- To change direction quickly and with control

Activities I can take part in to achieve my objectives:

- Agility ladders, courses, obstacles
- Balance activities
- Cone games
- Aiming activities
- Play games and take part in relays using skills learnt