



Subject: PE **Topic:** Skipping **Year Group:** Year 1

What I should already know:

Fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping and climbing, progress towards a more fluent style of moving, with developing control and grace, develop the overall body strength, coordination, balance and agility, develop their small motor skills so that they can use a range of resources competently, safely and confidently, use their core muscle strength to achieve good posture, combine different movements with ease and fluency, know and talk about the different factors that support their overall health and well-being, further develop the 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:

Hop, jump, foot patterns, skip, step, forwards, backwards, run, balance, weave, swing, walk, technique, on the spot, on the move, circuit, timing, in and out

What I will know by the end of the unit:

- To skip using different foot patterns (hop, jump, step, skip)
- To work with a partner
- To use a skipping rope
- Skip on the spot and on the move

Activities I can take part in to achieve my objectives:

- Develop hop, skip, jump and step with a rope on floor
- Develop techniques and apply them to moving rope (low level)
- Learn how to use a rope and develop timing
- Develop on spot skipping techniques and teach these well so that children can apply them to on the move
- Create circuits of activities for children to practice and explore different ways of skipping