

Links to the PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Key Skills: Physical

- Balancing
- Sprinting
- Jogging
- Dodging
- Jumping
- Hopping
- Skipping



Key Skills: S.E.T

- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Working safely
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying
- Thinking: Identifying strengths
- Thinking: Listening and following instructions

What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve 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.

Key Vocabulary:

- balance
- direction
- land
- fast
- safely
- jump
- hop

Teacher Glossary

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

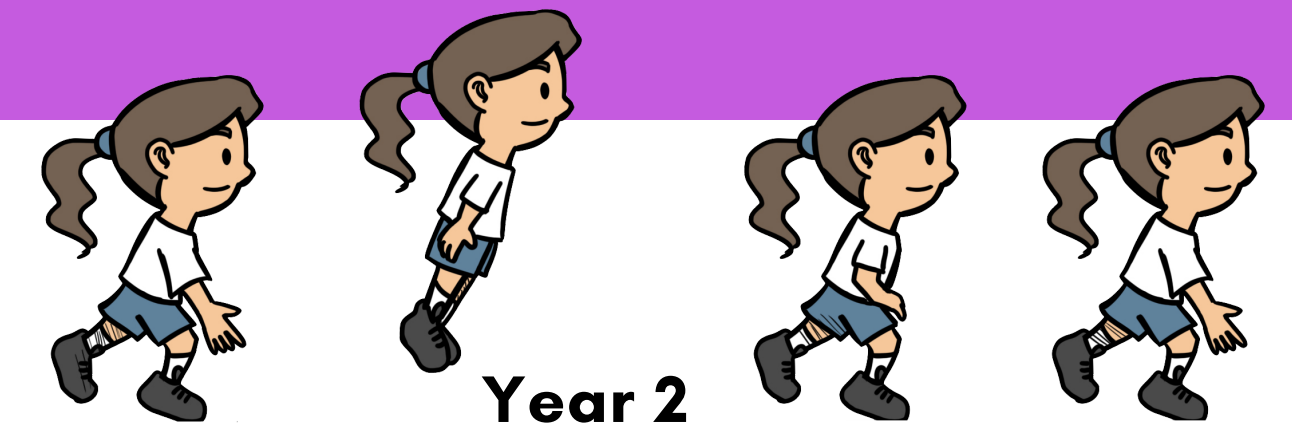
Jump: Take off and land on two feet.

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

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

Where this unit sits

Assessment Criteria



Reception

- I can negotiate space safely with consideration for myself and others.
- I am confident to try new challenges, deciding on the skills I use to complete the task.
- I use movement skills with developing balance and co-ordination.
- I follow instructions involving several ideas or actions.
- I play co-operatively, take turns and congratulate others.
- I play games honestly with consideration of the rules.
- I show an understanding of my feelings and can regulate my behaviour.

Year 1

- I can change direction when moving at speed.
- I can recognise changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can show hopping and jumping movements.
- I can work co-operatively with others to complete tasks.
- I show balance and co-ordination when static and moving at a slow speed.

Year 2

- I am beginning to provide feedback using key words.
- I am beginning to turn and jump in an individual skipping rope.
- I can describe how my body feels during exercise.
- I can show balance when changing direction.
- I can show hopping, skipping and jumping movements with some balance and control.
- I can work co-operatively with a partner and a small group.
- I show balance and co-ordination when running at different speeds.

Progression of Skills Ladder

<p>Running</p> <ul style="list-style-type: none"> • Demonstrate balance when changing direction. • Clearly show different speeds when running. 	<p>Balance</p> <p>Demonstrate balance when performing movements.</p>	<p>Year 2</p>	<p>Jumping</p> <p>Demonstrate jumping for distance, height and in different directions.</p>	<p>Hopping</p> <p>Demonstrate hopping for distance, height and in different directions.</p>	<p>Skipping</p> <p>Explore single and double bounce when jumping in a rope.</p>
<p>Running</p> <ul style="list-style-type: none"> • Explore changing direction and dodging. • Discover how the body moves at different speeds. 	<p>Balance</p> <ul style="list-style-type: none"> • Move with some control and balance. • Explore stability and landing safely. 	<p>Year 1</p>	<p>Jumping</p> <p>Demonstrate control in take off and landing when jumping.</p>	<p>Hopping</p> <p>Begin to explore hopping in different directions.</p>	<p>Skipping</p> <ul style="list-style-type: none"> • Show co-ordination when turning a rope. • Use rhythm to jump continuously in a French rope.
<p>Running</p> <ul style="list-style-type: none"> • Explore running and stopping. • Explore changing direction safely. 	<p>Balance</p> <p>Explore balancing whilst stationary and on the move.</p>	<p>EYFS</p>	<p>Jumping</p> <p>Begin to explore take off and landing safely.</p>	<p>Hopping</p> <p>Explore hopping on both feet.</p>	<p>Skipping</p> <p>Explore skipping as a travelling action.</p>