

Context: Fundamental work in Year 1. This subject will build on previous work the children have covered in Year 1.

Vocabulary



Tier 2

⇒ Motor skill

⇒ Movement

⇒ Physical

Tier 3

⇒ Dodge

⇒ Jog

⇒ Hurdle

⇒ Speed

⇒ Steady

⇒ Sprint

Knowledge



- ◆ How to support and encourage others..
- ◆ How to challenge myself
- ◆ How to select and apply skills for different activities
- ◆ How to identify strengths
- ◆ How to use different speeds of running for different purposes

Skills



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



Get inspired!

Learn about athletes who have mastered the fundamentals to achieve greatness

Jessica Ennis-Hill— Olympic, World and European champion



Recommended reads

Jessica Ennis-Hill — Olympic Gold Medal

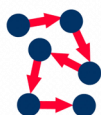
<https://www.youtube.com/watch?v=h5okU3ueZto>



Memorable experience/outcome

- ◆ Children will learn skills that will help them in a multi-skills tournament in the term. .

Sequence of learning



Lesson ideas



L0: to develop balancing and moving with control.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/1?years=1001>

L0: to develop balance, stability and landing safely.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/2?years=1001>

L0: to explore how the body moves differently when running at different speeds.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/3?years=1001>

L0: to develop changing direction and dodging.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/4?years=1001>

L0: to develop and explore jumping, hopping and skipping actions.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/5?years=1001>

L0: to develop co-ordination and combining jumps.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/6?years=1001>

L0: to develop combination jumping and skipping in an individual rope.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/7?years=1001>

L0: to apply fundamental skills to a variety of challenges.

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals/8?years=1001>