

Year 1 Term 1 P.E: Fundamentals



Curriculum Key Question: How can I look after myself and others?
Topic: Journeys

To explore balancing and to be able to move with control.

To explore balance, stability and landing safely.

To explore how the body moves differently when running at different speeds.

To explore changing direction and dodging.

To explore jumping, hopping, and skipping actions.

To explore co-ordination and combining jumps

To explore combination jumping and skipping in an individual rope.

To apply fundamentals skills to a variety of challenges.

What should I already know?

- I can handle equipment effectively.
- I can move confidently in a range of ways.
- I can safely negotiate space.
- I can show good control and co-ordination in small and large movements.
- I can talk about ways to keep healthy and safe.
- I know the importance for good health and physical exercise.
- I am sensitive to others' feelings.
- I play co-operatively, taking turns.
- I am confident to try new activities.
- I ask for help if needed.
- I can talk about my own ideas and use them in response to a task.
- I understand and follow rules

Key Skills: Physical

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



Key Skills: S.E.T

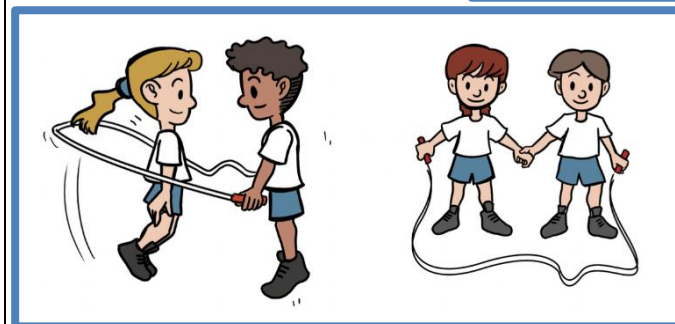
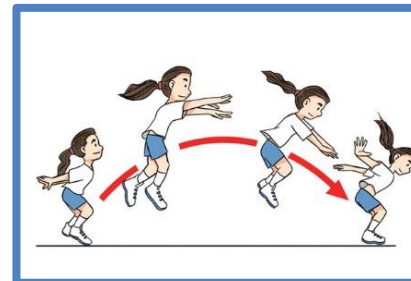
- Social: Taking turns
- Social: Supporting and encouraging others
- Social: Working safely
- Social: Communication
- Emotional: Challenging myself
- Emotional: Perseverance
- Emotional: Honesty
- Thinking: Selecting and applying
- Thinking: Identifying strengths
- Thinking: Listening and following instructions

Key Vocabulary

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

Skills I will develop:

- 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.



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.

