

### What should I already know?

- How to negotiate space safely.
- How to follow instructions involving several ideas or actions.
- How to play co-operatively and take turns with others.
- How to play games honestly with consideration of the rules.

### Key Knowledge & Skills

- To be able to change direction when moving at speed.
- To recognise changes in my body when I exercise.
- To be able to run at different speeds.
- To be able to work co-operatively with others on a task.
- To show balance and co-ordination when still and moving slowly.

### Key Vocabulary and definitions

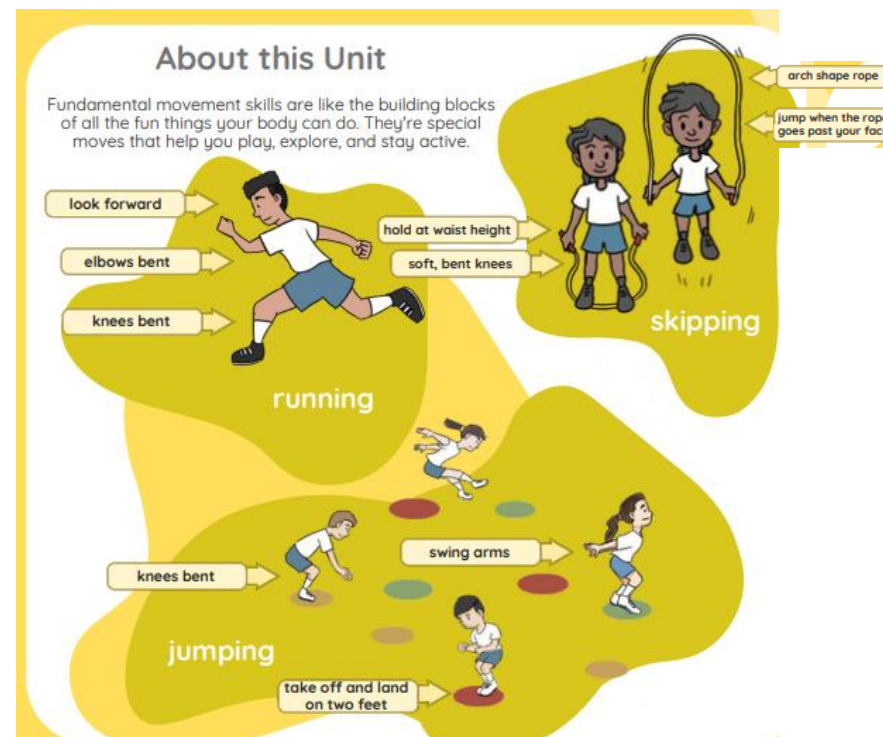
Bend	To move your body, or part of it, so it is not straight.
Direction	The way you are going.
Dodge	To avoid something.
Fast	To move with a lot of speed.
Hop	A short, quick leap or jump on one foot.
Jog	A slow, steady running pace.
Jump	To leap into the air, pushing your body up and away from the ground.
Land	To touch down on a surface.
Ready position	Standing with knees slightly bent so you can move quickly.
Skip	To move lightly and quickly, making a small jump after each step.
Swing	Move easily and smoothly backwards and forwards.

This unit will also help you to develop other important skills.

- Social** collaboration, work safely, support others
- Emotional** determination, self regulation, honesty, perseverance
- Thinking** comprehension, select and apply skills

### About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



### Ladder Knowledge



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| <b>Running:</b><br>Bending your knees will help you to change direction. If you swing your arms it will help you to run faster. | <b>Balancing:</b><br>Looking ahead will help you to balance. Landing on your feet helps you to balance. | <b>Jumping:</b><br>Landing on the balls of your feet helps you to land with control. | <b>Hopping:</b><br>Hop with a soft bent knee. | <b>Skipping:</b><br>Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm. |
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