** Tigers – PE – Fundamentals**

***Key Skills:***

Physical:

* Balancing, sprinting, dodging, jogging, jumping, hopping, skipping

Social:

* Taking turns, supporting and encouraging others, working safely, communication

Emotional:

* Perseverance, challenging myself, honesty

Thinking:

* Identifying strengths, listening and following instructions

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Run | Walk | Jog |
| Jump | Hop | Move |
| Direction | Land | Fast |
| Safe |  |  |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |
| **Balance** | The ability to maintain stability when stationary or when moving.  |
| **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 the space.  |

***Concept check questions. Test yourself:***

How can you change your speed when travelling?

How can you stay safe in the space?

What is a good skipping technique?

How do you change directions when you are moving quickly?

What happens to your body when you exercise?

***Key skills to do:***

Running:

* Explore changing direction and dodging; discover how the body moves at different speeds.

Balance:

* Move with some control and balance; explore stability and landing safely.

Jumping:

* Demonstrate control in take-off and landing when jumping.

Hopping

* Begin to explore hopping in different directions.

Skipping

* Show co-ordination when turning a rope.
* Use rhythm to jump continuously in a French rope.

**Year 1 – PE – Autumn 1 – Heyford Park School**