



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

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.

Words to know and spell (Tier 2 Vocabulary)

Run	Walk	Jog
Jump	Hop	Move
Direction	Land	Fast
Safe		



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?