** Flamingos – PE – Fundamentals**

***Key Skills:***

Physical:

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

Social:

* Taking turns, supporting and encouraging others, respect, communication

Emotional:

* Challenging myself, perseverance, honesty

Thinking:

* Selecting and applying skills, identifying strengths

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| ***Words to know and spell (Tier 2 Vocabulary)*** |
| Jog | Speed | Skip |
| Sprint | Dodge | Balance |

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| ***Words to understand and spell (Tier 3 Vocabulary)*** |

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| **Balance** | The ability to maintain stability when stationary or moving. |
| **Static Balance** | Balancing when still. |
| **Dynamic Balance** | Balancing when moving |
| **Jump** | Take off and land on two feet |
| **Hop** | Take off on one foot and land on the same foot. |
| **Leap** | Take off on one foot and land on the other foot.  |

***Key skills to do:***

* Demonstrate balance when changing direction.
* Clearly show different speeds when running.
* Demonstrate balance when performing movement.
* Demonstrate jumping for balance, height and changing direction.
* Demonstrate hopping for distance, height and in different directions.
* Explore single and double bounce when jumping in a rope.

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

Can you give your partner feedback?

How can you maintain a balance?

What is the meaning of co-ordination?

How can I show good teamwork?