



Lions – 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, observing other and providing feedback, identifying strengths and areas for development.

Key skills to do:

- Change direction quickly.
- Understand and show how the body moves at different speeds.
- Demonstrate balance when performing other fundamental skills.
- Link jumping and hopping actions.
- Jump and turn a skipping rope.

Words to know and spell (Tier 2 Vocabulary)

Distance	Control	Pace
Technique	Balance	Jump
Hop		



Words to understand and spell (Tier 3 Vocabulary)

Momentum	The amount of motion that a body has.
Rhythm	A strong, regular repeated pattern of movement.
Accelerate	Speed up
Decelerate	Slow down.
Co-ordination	Using different parts of your body at the same time.
Tension	Using body tension to help to balance when stopping or landing.
Stability	Not falling or losing balance.
Transfer	Move from one place to another.

Concept check questions. Test yourself:

How do you change direction quickly?

How can you make your body move at different speeds?

Why is it important to warm up before exercise?

What makes you successful in this skill?