

PE KS1 Fundamentals ABC Skills

This unit is used to upskill the children/ revise the basic movements before moving onto more focused sports/ activities.



National Curriculum subject content:
Develop flexibility, strength techniques control and balance.
<ul style="list-style-type: none"> ✓ Master basic movements including running, jumping, throwing, and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Multi skills ✓ PHSE Team/ pair work ✓ Speaking and listening

Key Vocabulary:	
Accuracy	It is correct or as near to target as possible
Agility	The ability to change the position of the body quickly and with control.
Balance	The ability to stay upright and or in control of body movements.
Circuit	A sequence of activities
Coordination	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when having control of a ball.
Send	Move to another location.
Overarm	Throwing object behind and over shoulder
Jumping	To move up, down, forward or back.
Skills	Skills - Are learned abilities that athletes acquire through training and practice
Space	A clear area.

Sequence of Learning:

Objectives (key knowledge):					
To learn how to balance and coordinate body.	To learn to balance while running and jumping.	To introduce running/ jumping techniques, the principles of balance, bases, lower centre of gravity, losing balance.	To learn to balance and use coordination to catch and send.	To learn to use coordination and agility effectively to create space.	To implement coordination, agility and balance skills in a range of situations.

Fundamental Skills

For more details see Know the Games notes.
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