

PE Year 1 Zip and Move Fundamentals

National Curriculum subject content:
Develop balance, agility, and coordination.
<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:/ Links
<ul style="list-style-type: none"> ✓ Multi skills ✓ Yoga / gymnastics / dance ✓ Core control ✓ Listening and concentration



Use the supporting Zip and Move materials.

An underlying theme for these sessions is to develop and build a strong core, which has strong links to writing and concentration.

To learn to develop a strong core strength and stability.

<http://www.philippayoulden.co.uk/move-with-zip-active.php>

Key Vocabulary:	
balance	Upright steady
bounce	A careful action
catch	Object to block progress
Core control	Centre of our body used to stabilise the trunk.
direction	Way travelling
dribble	Pass and move along with feet
jump	Push off a surface into the air using muscles in legs and feet
over arm	Throw over from shoulder
points	Parts of body on the floor holding you up
roll	To turn over move
target	Place to aim for
target	Area to aim for
throw	Propel object with force through the air.

Sequence of Learning:						
Objectives (key knowledge):						
To learn to change direction and speed.	To know how to change speed and direction.	To learn to hold a balance with control.	To learn throwing and catch objects.	To learn to bounce and catch a ball.	To learn how to dribble a ball.	To know how to change direction, and speed.
To balance on points.	To learn to develop a strong core strength and stability.	To learn to develop a strong core strength and stability.	To learn to develop a strong core strength and stability.	To learn to develop a strong core strength and stability.	To learn to develop a strong core strength and stability.	To learn to develop a strong core strength and stability.
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Key events timeline/ Fundamentals						
Theme card Space	Transport	Transport	Space	Out and About	Space	Out and about
Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.	Agility the ability to rapidly change direction, accelerate or decelerate.
Developing running techniques for short and middle distance Work individually	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination	Balance to hold a firm stance. Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination

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MOVE With Zip Active Resource

Supporting children in the early years to develop fundamental movement skills, enjoy physical activity, and promote a healthy lifestyle, while supporting their communication and language development.

MOVE with Zip Active is designed for children aged 2-5 years in reception classes, for PE and daily activity, nurseries, play groups, childminder settings, and in the home. It fully supports many areas of the curriculum and can be delivered by all those working with young children. (It can also support fundamental movement skill development in KS1 PE.)

What is included?

Inside the MOVE resource you will find:

5 large themed colourful posters to help to generate conversations with children, supporting knowledge and understanding of shapes, colours, numbers, physical actions and the world around us. They are designed to help with:

- **Phonological (sound) awareness, including identifying and using parts of language, words, syllables, and rhymes.**
- **Use of vocabulary.**
- **Expressive language, using language in an accurate and coherent manner.**
- **Comprehension or receptive language, understanding of complex language forms.**

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- 36 theme related activity cards with loads of fun physical activity ideas to support the fundamental movement skills of agility, balance and coordination, fine and gross motor skills, with teaching points, vocabulary and sound prompts all linked to the poster theme. Also includes 6 child friendly yoga pose cards to support body control, relaxation, mindfulness and wellbeing.