

## PE Year 1 Multi skills

<b>National Curriculum subject content:</b>
Develop balance, agility, and coordination.
✓ 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.
<b>National Curriculum theme:</b>
✓ Multi skills



L

<b>Key Vocabulary:</b>	
Target	Place to aim for
Balance	Upright steady
catch	Object to block progress
control	A careful action
Direction	Way travelling
Jump	Push off a surface into the air using muscles in legs and feet
Over arm	Throw over from shoulder
receive	To obtain
roll	To turn over move
Target	Area to aim for
Underarm	Throw under from waist

Sequence of Learning:						
Objectives (key knowledge):						
To learn to hold a balance.	To learn to throw an object at a target.	To learn to catch an object.	To learn to jump over an object.	To learn to roll and receive.	To control a ball with feet.	To learn to cooperate with a partner.
Key events timeline/ Fundamentals						
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	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

## PE Year 1 Multi skills