

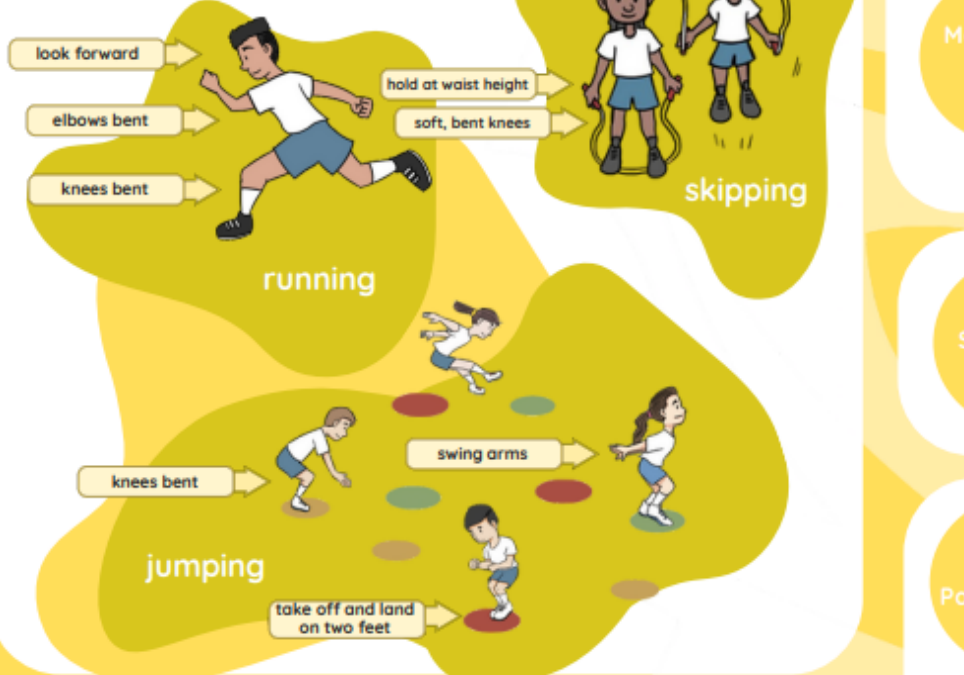


Get Set 4
Education

Knowledge Organiser Fundamentals Year 1

About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



Ladder Knowledge



Running:

Bending your knees will help you to change direction. If you swing your arms it will help you to run faster.

Balancing:

Looking ahead will help you to balance. Landing on your feet helps you to balance.

Jumping:

Landing on the balls of your feet helps you to land with control.

Hopping:

Hop with a soft bent knee.

Skipping:

Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

Movement Skills

- balance
- jump
- hop
- run
- speed
- agility
- dodge
- skip
- co-ordination

This unit will also help you to develop other important skills.

Social
Emotional
Thinking

collaboration, work safely, support others
determination, self regulation, honesty, perseverance
comprehension, select and apply skills

Strategies

Just like learning new words or playing a game, you need to practice. Try running, hopping, skipping, jumping, and balancing every day!

Healthy Participation



Behave and move in a safe way.

Key Vocabulary



bend		
direction	jog	
dodge	jump	skip
fast	land	challenge
hop	ready position	swing

If you enjoy this unit why not see if there is an athletics club in your local area.



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Skipping Challenges



What you need: a skipping rope or a dressing gown rope (tie two together to make it longer)

Challenge 1:
How many skips can you complete in a row?

Challenge 2:
Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:
Can you skip with high knees, one foot and then the other?

Challenge 4:
Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:
Can you skip backwards?



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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