

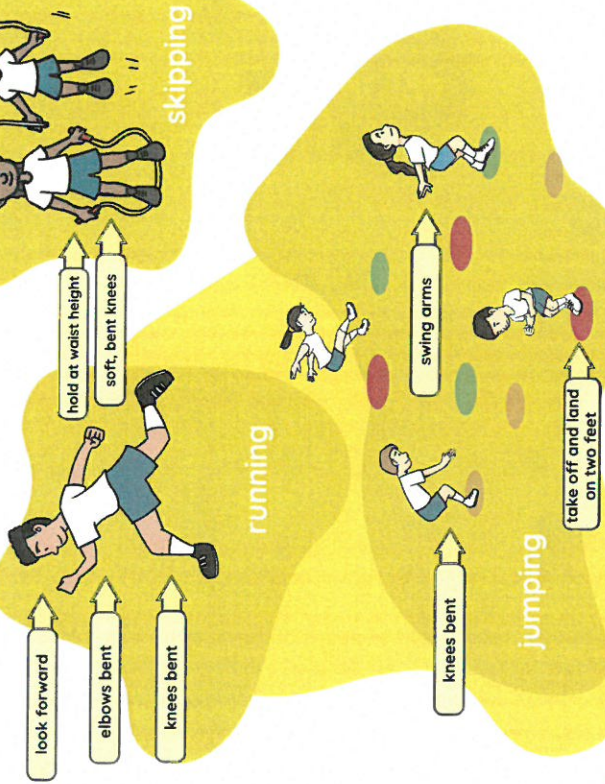


Knowledge Organiser Fundamentals Year 1

Get Set 4
Education

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.



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

Movement Skills

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

- Social** collaboration, work safely, support others
- Emotional** determination, self regulation, honesty, perseverance
- Thinking** comprehension, select and apply skills

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

Strategies

Healthy Participation



Behave and move in a safe way.

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



Key Vocabulary

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

- 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.

Ladder Knowledge

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 starts? 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?

This unit will help you to:

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

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



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