

COMPETING

EDSTART

Year 1 - Fundamental Movement Skills

Object Control - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Dodge a defender using a variety of different techniques**
- **Dribble the ball with their feet, keeping it under control**
- **Dribble a ball with their hands in a stationary position**
- **Use their bodies to protect the ball against the defender**
- **Know what technique is needed depending on the game and/or ball**
- **Dodge and avoid players on the opposite teams**
- **Understand basic rules of games and follow them**

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Learning Objective

Learning Outcomes

1 To dodge an opponent whilst running and change direction quickly

Children can:

- Dodge a defender using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them

2 To dribble a ball using their hands when stationary and whilst moving

Children can:

- Dribble a ball with their hands in a stationary position
- Understand how they need to bounce the ball to keep control
- Change speed and direction safely and under control

3 To dribble a ball using their feet

Children can:

- Dribble a ball with their feet, keeping it under control
- Move in a variety of directions whilst keeping the ball under control
- Change speed and direction safely and under control

4 To move with a ball using a variety of techniques against an opponent

Children can:

- Play against an opponent and understand how to keep the ball under control
- Know what technique is needed depending on the game and/or ball
- Know what equipment can be used for to create multi skilled games

5 To show control and accuracy with the basic actions of throwing, rolling and kicking a ball

Children can:

- Track balls and other equipment, moving in line to collect them and understand when a ball is at the top of its bounce
- Throw and kick a ball in a variety of ways, depending on the game

6 To play small games using the techniques learnt

Children can:

- Play small games using the skills learnt throughout the term
- Dodge and avoid players on the opposite teams
- Understand basic rules of games and can follow them

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Assessment Mark Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can emulate actions and movements when demonstrated by the coach/teacher
- Can perform a range of movements (Jogging, skipping, jumping, side stepping, etc.)
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Can pick up and put down objects with ease and accuracy
- Can use basic throwing techniques

Above Target

- Moves confidently
- Can adapt changes in direction and speed in varied situations
- Utilises space in order to achieve success
- Can identify changes in their own body as an effect of exercise
- Can use basic throwing techniques to hit large targets

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.