

MOVING EDSTART

Year 1 - Fundamental Movement Skills Body Control - Unit of Work

Pupils will be taught...

Overall Learning Outcomes

Children can:

- **Confidently travel on their feet in different ways and recognise directions**
- **Change the way they are travelling in a controlled manner**
- **Demonstrate different ways of travelling using small and large body parts**
- **Demonstrate wide, thin, tall, and curled body shapes when travelling**
- **Hop, bounce, and skip in different directions (i.e. forwards, backwards and sideways)**
- **Talk about what they are doing and use the correct vocabulary**

Learning Objective

Learning Outcomes

- 1 To confidently travel on their feet in different ways and recognise directions**

Children can:

- Listen to instructions and engage themselves in activity and use space safely
- Understand the word space and understand basic ways to travel
- Can find, walk and run in space

- 2 To change the way of travelling in a controlled manner and show an awareness of directions**

Children can:

- Have control when changing direction
- Vary their movement whilst they are moving
- Confidently travel on their feet in different ways and recognise directions

- 3 To demonstrate different ways of travelling fast and slow using different movements**

Children can:

- Vary speed of movements under control
- Use fundamental shapes
- Move using a variety of different ways (Walk, run, hop, skip, bounce, slide, crawl)

- 4 To demonstrate different ways of travelling using small and large body parts; making wide, thin, tall, and curled body shapes**

Children can:

- Show a variety of shapes whilst being under control
- Move using small and large body parts safely
- Walk, stride, bounce and hop on feet or hands and feet and slide on different body parts
- Travel in different ways (Stepping – straight and bent leg. Leaping – scissor and cat)

- 5 To know, understand and show how to jump, land and sink down and add turning jumps, e.g. $\frac{1}{4}$, $\frac{1}{2}$**

Children can:

- Safely jump, hop, and bounce from one position to another
- Jump from one foot to two feet and from one foot to the other foot and understand how to land safely
- Twist from two feet to two feet under control

- 6 To move around and link together a wide variety of movements under control**

Children can:

- Move, hop, run, and bounce around under control
- Link gymnastics skills effectively and create and perform gymnastics routines (4/5 elements)
- Travel using large and small body parts safely

Assessment Mark

Requirements

Working Towards

- Understand basic ways to travel
- Retain key information
- Use fundamental shape
- Can confidently travel on their feet in different ways and recognise directions

On Target

- Can perform a range of individual balances
- Can travel in different ways (Stepping – straight and bent leg. Leaping – scissor and cut)
- Can change the way they are travelling in a controlled manner
- Can demonstrate wide, thin, tall, and curled body shapes when travelling

Above Target

- Utilises space in order to achieve success
- Can identify changes in their own body as an effect of exercise
- Can link gymnastics skills effectively
- Able to create and perform gymnastics routines (4/5 elements)
- Can talk about what they are doing and use the correct vocabulary

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**.