

MOVING EDSTART

Year 1 - Fundamental Movement Skills Locomotor Skills - Unit of Work

Pupils will be taught...

Overall Learning Outcomes

Children can:

- Know how to safely find space and move around avoiding obstacles/others
- Travel at various speeds and can change the way they are travelling
- Safely and under control, stop and start whilst running/moving
- Negotiate space and avoid obstacles
- Know how to change direction quickly and under control
- Dodge, avoid, and find space when running
- Move around using jumps and leaps
- Observe the effects of activity on their bodies

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Learning Objective

Learning Outcomes

1 To run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles

Children can:

- Know how to safely find space and move around avoiding obstacles/others
- Travel at various speeds and can change the way they are travelling
- Safely under control stop and start running/moving
- Understand racing and chasing games and how to avoid getting caught

2 To safely move around at different speeds, heights and being able to stop and start under control

Children can:

- Travel at various speeds and be able to change direction and height
- Safely and under control, stop and start whilst running/moving
- Know how to change direction quickly and under control
- Understand racing and chasing games and how to avoid getting caught

3 To move using a variety of different ways

Children can:

- Know how to safely find space and move around avoiding obstacles/others
- Move in a variety of different ways following simple instructions
- Travel at various speeds and can change the way they are travelling

4 To travel with skill under, over and around various equipment whilst balancing and climbing

Children can:

- Safely move, over, under and through various pieces of equipment
- Know how to change their movements to travel through various pieces of equipment
- Perform a range of movements (Jogging, skipping, jumping, side stepping, etc.)
- Develop overall body strength, balance, coordination and agility

5 To walk, run, stop and start using different speeds and directions following certain commands

Children can:

- Follow simple movement patterns
- Emulate actions and movements when demonstrated by the coach/teacher
- Dodge, avoid, and find space when running
- Stop and start quickly following set instructions
- Adapt changes in directions and speed in varied situations

6 To walk, run, jump, leap and land under control

Children can:

- Know how to jump/leap correctly
- Balance on one leg momentarily
- Jump/leap and land safely under control
- Use more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)
- Children can jump off an object and land appropriately

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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 balance on one leg momentarily
- 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
- Uses more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)
- 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**.