

# MOVING EDSTART

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

**Pupils will be taught...**

### Overall Learning Outcomes

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#### **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**

### 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

### 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**.