

MOVING EDSTART

Year 1 - Movement to Music Unit of Work

Pupils will be taught...

Overall Learning Outcomes

Children can:

- **Perform basic body actions and movements**
- **Vary how they move depending on what body parts they are using**
- **Show a range of different body shapes**
- **Move confidently and safely in their own and general space, using changes of speed, level and direction**
- **Be creative in how they move around**
- **Choose some of the movements they have already explored and use them to make their own movement patterns**

Year 1 - Movement to Music

Unit of Work

MOVING
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Learning Objective

Learning Outcomes

1 To move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping

Children can:

- Use fundamental shapes/movements (Jog, jump, hop and balancing)
- Vary how they move depending on what body parts they are using
- Come up with their own movements depending on the instructions

2 To perform the basic actions of travelling, jumping, turning, and making shapes

Children can:

- Perform basic body actions
- Show a range of different body shapes
- Move at different speeds and heights
- Respond in the correct manner to commands (Inside, outside, freeze, etc.)

3 To develop the basic actions of travelling, jumping, turning and making shapes

Children can:

- Move confidently and safely in their own and general space, using changes of speed, level and direction
- Move with control
- Perform a range of basic movements (Gestures, canon and unison)

4 To move at speed with varying movement patterns

Children can:

- Move around looking at changing speed and direction
- Move at speed with control
- Travel in different ways
- Respond imaginatively to a stimulus used

5 To experiment with different ways of moving

Children can:

- Find new ways of moving
- Show some idea of rhythm, coordination, expression and creativity
- Remember and repeat simple movement patterns

6 To join a set of movement patterns and to remember small sequences

Children can:

- Choose some of the movements they have already explored and use them to make their own movement patterns
- Link actions (Simple dance routine in pairs or small groups)
- Use movements which express ideas, moods or feelings

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

- Move 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**.