

PE Year 1 and 2 Autumn 1

Fundamental Skills



- Test the mastery levels of movement skills.
- Show a mastery of skills in game scenarios.
- Travel backwards using various different movements.
- Travel backwards showing speed and control.
- Show an efficient running style with arms and legs coordinated.
- Use efficient running style in various running games.
- Show an effective dodging action.



Children can only move side to side when playing against an opponent and must try to take both bibs from their opponent.



Children stand on their spot and must jump forwards and backwards on and off their spot.



Children at the short side must try and get to the other short side by skipping without being hit by a bib.

Question

Can you travel backwards showing speed and control?

Vocabulary

Apply skills in game scenarios, speed, control, coordination, efficient running style, effective dodging style.