

Year 1 Autumn 1

Fundamental Skills



- Show a good level of movement skills.
- Perform many movements at speed and control.
- Perform movements while against others.
- Travel in various directions showing control.
- Travel in various directions showing good speed.
- Travel forwards and backwards to avoid others.
- Travel forwards and backwards to find space.
- Turn quickly to avoid others.
- Show quick changes of direction effectively.



Question

Can you travel at speed while under control?

Vocabulary

Speed, control, direction, space, quick changes