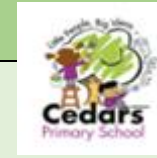
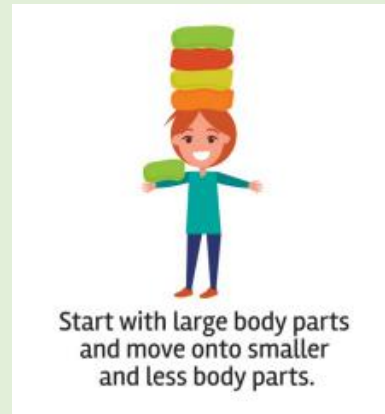


Year 1 Autumn 2

Fundamental Skills



- Show an efficient running style with good arm mechanics.
- Use an efficient running style in a game situation
- Jump in different ways with confidence.
- Display an effective jump for distance and height coordinating legs and arms.
- Balance on large and small body parts with tension and control.
- Show good control when balancing objects.
- Balance dynamically (on the move) on a range of apparatus.
- Find an effective space on your own.
- Move around in spaces while avoiding others.



Question

Can you balance with tension and control?

Vocabulary

Efficient running style, game situation, effective jump, control and tension when balancing, effective space.