

Year 1 Spring 1

Fundamental Skills



- Hop on one foot, either right/ left or both showing control.
- Hop in a straight line/ one direction effectively
- Coordinate their movements making sure they hop then land softly showing control.
- Perform skips of different speeds and distances.
- Perform a skip at speed during a race situation.
- Perform an underarm throw showing correct technique.
- Accurately throw an item to a target using an underarm throw.



Question

Can you coordinate your movements?

Vocabulary

Control, land softly, different speeds, different distances, underarm throw, aim