PE Year R and Year 1

Topic- Seaside – Fundamental Movement Skills

What is this topic about?

This unit of work is based on the seaside and children will continue to develop their fundamental movement skills. They will travel like animals found at the seaside, play seaside games, roll down the sand dunes, hop and jump in and out of the waves and complete obstacle courses including different fundamental movement skills. Additional stations can be linked to an area of FMS identified from the baseline assessment.



I will show my PE skills by…

Jumping for distance
Running fast
Underarm throw / overarm throw
Hopping
Catching
Rolling
Travelling

At the end of the Topic I will…

Know how to travel like a crab.
Run on balls of feet with head facing forward and elbows bent.
Be able to perform an egg and pencil roll.
Be able to throw underarm.
Be able to hop on one leg for 5 hops.
Know that respect is needed in PE.



KEY VOCABULARY

Respect, safety, jump, travel, run, underarm throw, overarm throw, hop, balance, catch, roll, crab walk, egg roll, pencil roll, teddy bear roll, equipment.