PE Year R/1

Topic- Minibeasts – Fundamental Movement Skills



What is this topic about?

This unit of work is based on minibeasts and children will continue to develop their fundamental movement skills. They will travel like minibeasts (e.g. slide like a snail, flutter like a butterfly, march like an ant, spin like a spider, fly like a bee, zigzag like a millipede, slither like a slug, jump/hop like a grasshopper, etc) 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…

Travelling under, over and through. Jumping. Catching. Rolling. Running.

At the end of the Topic I will…

Be able to take off from 2 feet and land on 2 feet (with knees bent) when jumping.
Be able to perform an underarm throw.
Be able to perform 5 hops on one foot.
Be able to run with head facing forwards, elbows bent and on balls of the feet.
Perform an egg roll and a pencil roll.
Know that respect is needed in PE.



KEY VOCABULARY

Respect, safety, minibeasts, over, under, through, jump, travel, run, underarm throw, overarm throw, hop, balance, catch, roll, egg roll, pencil roll, teddy bear roll, equipment.