PE Year R/1

Topic- Fundamental Movement Skills – Introduction unit.

What is this topic about?

Children will learn how to get changed for PE into an appropriate kit and footwear. In this first unit, the children will be introduced to PE. They will explore the first 5 fundamental movement skills, how to remain and work at a station and how to move around the space. The year 1's will be in their own group and will work on the 10 fundamental movement skills using the previous assessment to see which needs more practise. The year 1's will demonstrate for the reception children and help set up equipment and apparatus.



I will show my PE skills by…

Practising the 1st 5 FMS:
Jumping Hopping Catching Running fast Throwing
Year 1's will also practise:
Skipping Rolling a ball Throwing underarm
Bouncing a ball Kicking a ball

At the end of the Topic I will…
Know how to get changed for PE.
Know how to find a space.
Know how to bend knees, swing arms and jump forward.
Know how to move around stations.
Know how to balance on one leg.
Know how to run fast.
Know that self - belief is needed in PE.



KEY VOCABULARY

Self-belief, Physical Education (PE), safety, PE kit, pumps, jump, hop, catch, throw, skip, roll, throw, bounce, kick, direction, run, space, station