KS1 PE: Multi Skills (Run and jump)

Prior Learning

Children have…

- Developed their overall strength, balance, coordination and agility.
- Combined different movements and can perform these with ease, fluency and control.
- Revised and refined their already acquired fundamental skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing.

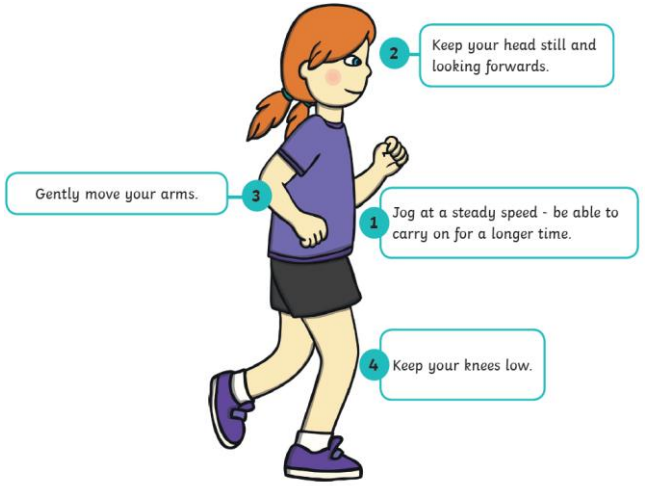


Vocabulary

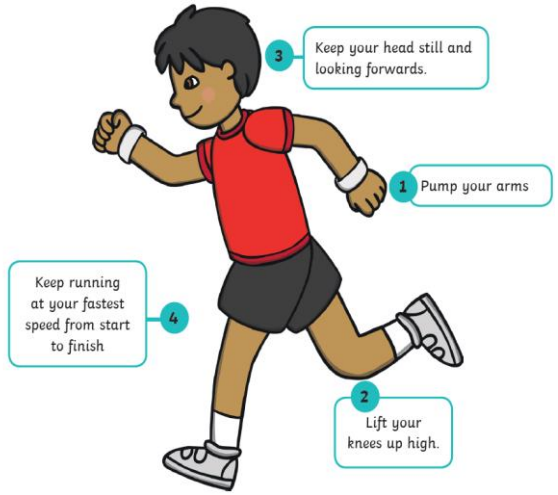
- Walk, run, jog, sprint, speed, pace, fast, slow, jump, hop, sequence, control, distance, height, safe landing, athlete, athletics

Sticky Knowledge

Jogging skills



Sprinting skills



Jumping is an important skill – sometimes we might need to **jump** for **height** so we can catch a ball, sometimes we might need to **jump** for **distance** like in the **athletics** long jump. All jumps require a **safe landing** with bent knees.

