

**PE: Fundamentals Aut1**



**National Curriculum Knowledge outcomes:**

I can change direction when moving at speed.  
 I can recognise changes in my body when I do exercise.

I can run at different speeds.

I can select my own actions in response to a task.

I can show hopping and jumping movements.

I can work co-operatively with others to complete tasks.

I show balance and co-ordination when static and moving at a slow speed.

**The Learning Journey:**

- To explore balancing and to be able to move with control.
- To explore balance, stability and landing safely.
- To explore how the body moves differently when running at different speeds.
- To explore changing direction and dodging.
- To explore jumping, hopping, and skipping actions.
- To explore co-ordination and combining jumps.
- To explore combination jumping and skipping in an individual rope.
- To apply fundamentals skills to a variety of challenges.

**Wider Curriculum** (Cooking, trips, outdoor):

**Key Vocabulary:**

Spelling	Definition/Sentence
balancing	put (something) in a steady position so that it does not fall.
stability	firmness in position. continuance without change
landing	an instance of coming or bringing something to land, either from the air or from water
direction	a course along which someone or something moves.
dodging	avoid (someone or something) by a sudden quick movement.
Co-ordination	the ability to use different parts of the body together smoothly and efficiently
jumping	push oneself off a surface and into the air by using the muscles in one's legs and feet.
skipping	move along lightly, stepping from one foot to the other with a hop or bounce
hopping	move by jumping on one foot.