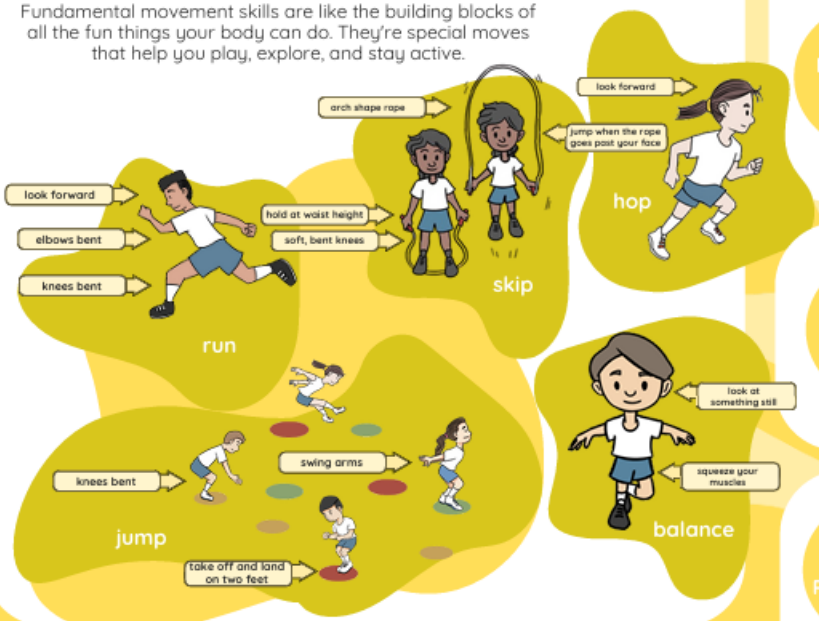
About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



Movement Skills

- run
- speed
- agility
- dodge
- balance
- jump
- hop
- skip

This unit will also help you to develop other important skills.

- **Social** collaboration, respect, take turns, communication, encourage others
- **Emotional** determination, honesty, perseverance
- **Thinking** comprehension, make decisions, creativity, use tactics, recall

Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

Healthy Participation

Behave and move in a safe way.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Footwork Frenzy

What you need: 6 socks

How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.

1. Run through the gaps, placing one foot in each. Go as quickly as you can.
2. Jump two footed in each gap? Then backwards.
3. Jump feet wide, then feet together in the gaps.
4. Hopscotch. 1 foot, two feet, 1 foot, 2 feet etc
5. Rotate to turn sideways on each jump in the gaps.

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Key Vocabulary

balance		
dodge	land	sprint
hop	run	swing
hurdle	skip	take off
jump	speed	weight



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

The Value this term is respect.

