

Fundamental Movement 2

Fundamental Movement skills 2



Looking primarily at locomotion skills this units attempts to ensure that children have mastered different ways of moving and whilst doing so can show awareness of others and their surroundings.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Hop Move carefully retaining my balance	Travel backwards safely Share space considerately	Jump in a variety of ways Land safely in different jumps Combine a run and a jump	Dodge Move safely with awareness of others	Evade others Attack and defend	Punt a ball Strike a ball accurately and with power with my laces
KNOWLEDGE I know.....	That focusing my eyes and using my arms helps me to balance better. To use my arms to help me hop	Potential dangers if I am not sensible To glance periodically over both shoulders when travelling backwards	To make a W shape when I want to receive a catch Which my preferred take off foot is	To travel around the space being aware of others sharing it with me. To stay focused and keep my head up when moving around	To always be focused and aware of what is going on. When to attack and when to defend	That a punt is a kick from my hands That when kicking from the ground, I need to get my standing foot adjacent to the ball
ASSESSMENT I can...	Demonstrate agility, balance and coordination	Be self-motivated and display self-confidence	Apply basic skills competently in a range of physical activities	Demonstrate agility, balance and coordination	Be self-motivated and display self-confidence	Apply basic skills competently in a range of physical activities