

Year 1 Multi-skills

## What have I learned before?

- The fundamentals of movement—walking, running, jumping, hopping, skipping. Balancing movements and agility. Started to look at co-ordinating different body parts and different equipment.

## Things I need to know:

- It is important to stay safe and look out for class mates when moving around.

## Vocabulary

Jump	Push off the ground with both feet and land again at the same time.
Balance	Have just the amount of weight spread equally to not fall or move out of place.
Safe	Make sure everyone is free from harm or risk.
Personal best	Best score you have ever had.
Target	A mark to aim for.
Space	The area in a room where you can move.

## By the end of the topic we will be able to...

- Balance on lines with control and use equipment to balance on various parts of the body.
- Change direction with some control (agility).
- Co-ordinate body whilst beginning to move with equipment.
- Co-operate, compete and challenge ourselves as a team in various games.

## Key Questions

How can you balance?

How can you change direction when moving?

How can you keep control when moving with equipment?

How can you pass an object to a target?

## Key Skills

### Balance

To balance successfully on one leg you have to control different parts of your body.

Head—look forward.

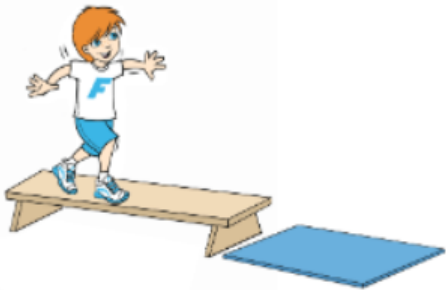
Shoulders—arms in line.

Knees—slightly bent.



Year 2 Multi-skills**What have I learned before?**

We learned different ways of balancing on the floor, on objects and low apparatus. We learned how to pick up objects in competitive games situations and to change direction (agility) when moving. We learned how to move in a variety of ways with control on our own and with equipment (co-ordination) .Also, practiced throwing and catching skills with a variety of objects.

**Things I need to know:**

**Safety: When jumping, land on two feet with bent knees**

**Vocabulary**

<b>Paces</b>	Number of steps.
<b>Apparatus</b>	The equipment used in an activity.
<b>Control</b>	Complete movements well.
<b>Skipping</b>	Move by hopping lightly on one foot first then the other.
<b>Run</b>	Move at a speed faster than a walk, never having both of the feet at the same time.
<b>Direction</b>	Position that someone moves or faces.

**By the end of the topic we will be able to...**

- Balance on low equipment with good control.
- Change direction quickly with good balance and control (agility).
- Co-ordinate body whilst beginning to move at different speeds with various equipment.
- Complete challenges as a team in various running/obstacle games and work to improve performance

## Key Questions

What do you need to do to make sure you are ready to take part?

Can you only have competitions against other people?

How many different activities can you think of that include jumping?

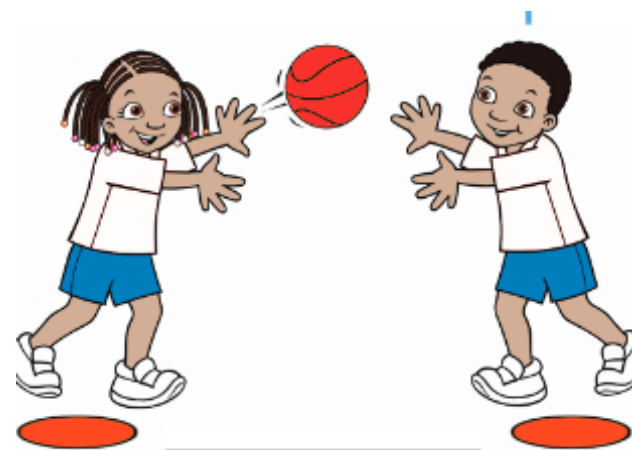
## Key Skills

What is important when throwing and catching a ball?

If catching, watch the ball and make your hands into a curved shape.

If throwing underarm, your hands point towards the person you are throwing at.

Their hands are your TARGET.



Year 3 Multi-skills**What have I learned before?**

- In year 2, children continued to try different ways of balancing on the floor - on objects and low apparatus. They recapped how to pick up objects in a competitive game situation and change direction (agility) when moving. They practiced how to move in a variety of ways with control, on their own and with equipment (coordination) . They also practiced their throwing and catching skills with a variety of objects.

**Things I need to know:**

- Agility - The ability to change the position of the body quickly and with control.
- Balance- Is the ability to stay upright or stay in control of body movement.
- Co-ordination - The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly especially when also having to control a ball.

**Vocabulary**

<b>Agility</b>	To be able to move all or part of your body at speed.
<b>Balance</b>	Ability to stay upright or in control of a body movement.
<b>Co-ordination</b>	Ability to use 2 or more parts of the body together.
<b>Measure</b>	A way to compare performance, e.g. distance thrown.
<b>Record</b>	A way to take note of performance to measure against other performers.
<b>Test</b>	A way to evaluate a specific skill through a series of exercises.

**By the end of the topic we will be able to...**

- Develop flexibility, control and balance.
- Communicate with others during physical activities.
- Compare performances with previous ones and others in a range of increasingly challenging situations.

## Key Questions

What is important when measuring scores in an activity? What does personal best mean?

What is balance? What can you do with your body to support your ability to balance?

## Key Skills



Agility



Balance



Co-ordination

Year 4 Multi-skills**What have I learned before?**

- In year 3, children developed their balance, agility and coordination (ABC) skills and started to become familiar with these terms. They began to measure their scores in a variety of multi skills activity tests. They began to combine the ABC skills when completing different tasks. They also worked as a team and began to take on roles e.g. leadership and mini coach.

**Things I need to know:**

- A sports player's personal best is the highest score or fastest time that they have ever achieved. To find our personal best we need to record a score for our activities.

**Vocabulary**

<b>Agility</b>	The ability to change the position of the body quickly and with control.
<b>Balance</b>	Is the ability to stay upright or stay in control of body movement.
<b>Co-ordination</b>	The ability to use two or more body parts together. This helps all athletes to move smoothly and quickly, especially when also having to control a ball.
<b>Skills</b>	Are learned abilities that athletes acquire through training and practice .
<b>Speed</b>	Speed is the ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.

**By the end of the topic we will be able to...**

- Balance confidently using various equipment and body parts.
- Choose direction at speed and show good technique.
- Co-ordinate body efficiently to perform a combination of movements or actions.
- Complete a variety of fitness tests confidently and achieve a number of personal bests.

## Key Questions

What is important when measuring scores? How can you ensure you are accurate?

What is balance? What sports or activities could you use balancing skills in?

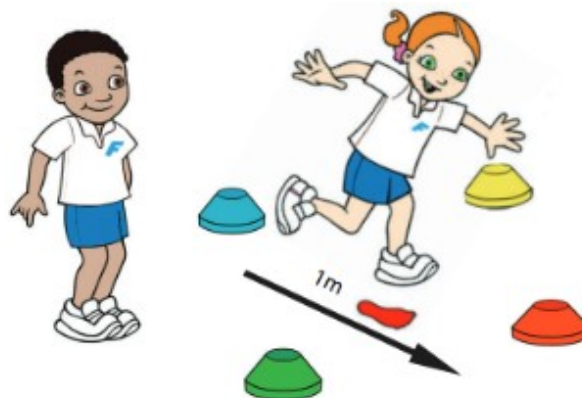
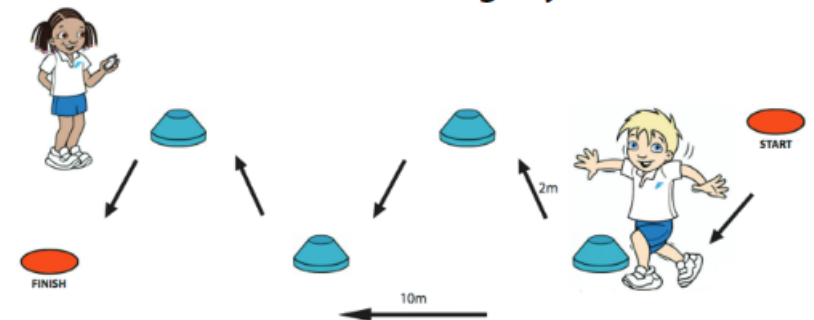
What is agility? Can you give an example of when you need agility in sport?

## Key Skills



Speed Bounce

Agility Run



Balance Diamond



# Multi-Skills Vocabulary Progression



## Year R



Hop

Jump

Skip

Run

Balance

Climb

Imagine

Safe

## Year 1



Personal best

Target

Space

Jog

Rules

Dribbling

## Year 2



Paces

Race

Control

Apparatus

Space

Skipping

Direction

## Year 3



Agility

Balance

Co-ordination

Measure

Record

Team

Speed

Test

Mini Coach

## Year 4



Agility

Balance

Co-ordination

Leadership

Skills

Co-operate

Accuracy

## Year 5



Agility

Balance

Co-ordination

Performance

Combination

Success

Evaluate

Create

## Year 6



Agility

Balance

Co-ordination

Technique

Fluency

Efficiency

Exercise

Isolation

Challenge