

About this Unit

Fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at moving your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.



Can you think of any other examples of when these elements would be useful?



Key Vocabulary



agility: the ability to change direction quickly

balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

co-ordination: moving two or more body parts at the same time

control: being able to perform a skill with good technique

rhythm: a strong, regular repeated pattern of movement

take off: how you leave the ground e.g. one foot or two feet.

technique: the action used correctly

Ladder Knowledge



Running:
Leaning slightly forwards helps to increase speed.
Leaning slightly backwards helps you to slow down.

Agility helps us with everyday tasks.

Balancing:
Balance helps us with everyday tasks.

Jumping and hopping:
If you jump and land quickly, you will travel further.

Skipping:
Turn the rope from your wrists with wide hands to create a gap to step through.

Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

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

Social respect, communication, co-operation, safety

Emotional determination, perseverance, honesty, independence

Thinking comprehension, select and apply, tactics, exploration

Strategy

Try to develop your fundamental movement skills in everyday activities e.g. standing on one foot while brushing your teeth will develop balance and co-ordination. Hopping or jumping to the kitchen will give you a chance to develop these skills.

Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.



If you enjoy this unit why not see if there is an athletics club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning



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

Stick Lunge


What you need: 2 players and stick e.g. a broomstick / mop

How to play:

- Players take it in turns to perform a lunge action.
- Knees low, back straight, chest facing forwards.
- Lift the stick horizontally in front, with arms locked straight.
- The other player attempts to destabilise the lunge by pushing and pulling the stick at the ends.
- The player lunging tries to stay balanced and controlled in their lunge position throughout.
- Count for 30 seconds and switch over.
- Repeat with the opposite leg forward.



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

About this Unit

Fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday activities. We use them when we walk, jump, ride a bike, eat food, get dressed, brush our teeth, sing and dance.

Physical fitness includes many different parts such as agility, balance, co-ordination, speed, stamina and strength. These elements are so important in everyday activities such as these examples...

- Agility is...
- Balance is...
- Co-ordination is...
- Speed is...

Can you finish the sentences?



Key Vocabulary



- accelerate:** speed up
agility: the ability to change direction quickly
balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
co-ordination: moving two or more body parts at the same time
control: being able to perform a skill with good technique
decelerate: slow down
distance: the measurement of space
momentum: the direction created by weight and power
react: to respond quickly
rhythm: a strong, regular repeated pattern of movement
speed: how fast you are travelling
stability: balanced
technique: the action used correctly

Ladder Knowledge



Running:

Keep your elbows bent when changing direction to help you to stay balanced.

Balancing:

Squeeze different muscles to help you to stay balanced in different activities.

Jumping and hopping:

Swing your non-hopping foot helps to create momentum.

Skipping:

Keep your chest up to help you to stay balanced.

Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

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

Social respect, collaboration, support and encourage others

Emotional determination, perseverance, honesty

Thinking select and apply, observation, provide feedback, comprehension

Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.

If you enjoy this unit why not see if there is an athletics club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning


Change it

What you need: someone to time, four cushions and three socks.

How to play:

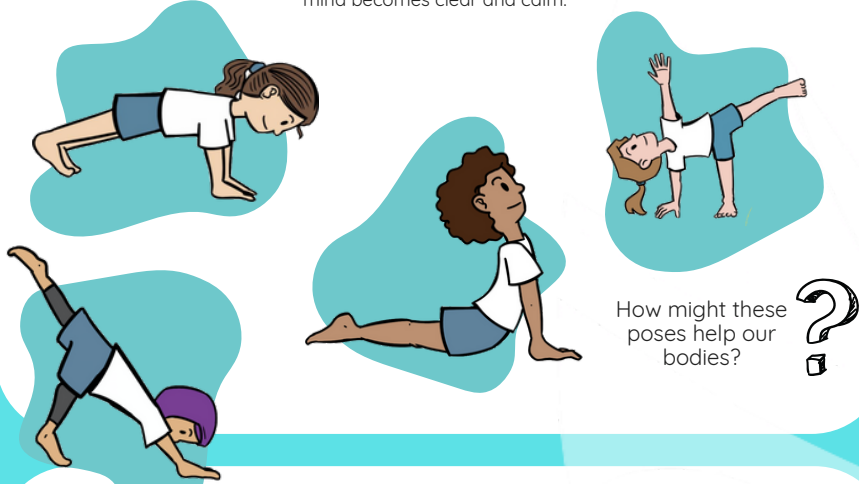
- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?
- Make this harder by moving the cushions further apart.

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About this Unit

Yoga helps our bodies and our minds. We use poses (like balances) to create sequences of movement, called a flow. Throughout the unit we will look at three key ways that yoga can help our body: improving our balance, flexibility and strength. We will also be thinking about how yoga can help develop mindfulness. Imagine your mind is like a snow globe. When you shake the globe (like if you feel excited or upset), the snow moves around. Mindfulness is like letting the snow settle down. Try taking a deep breath in and as you breathe out, the snow starts to settle, your mind becomes clear and calm.



How might these poses help our bodies?

Key Vocabulary

- base:** body parts that support weight
- breath:** moving air in and out of your body
- contact:** points of your body that touch the floor
- control:** being able to perform a skill with good technique
- extend:** to make longer
- flexibility:** the ability of muscles and joints to move through a range of motion
- flow:** a yoga sequence
- hinge:** movement from a joint e.g. hips
- link:** to join together
- mindfulness:** to bring attention to experiences occurring in the present moment
- pose:** a position, usually still
- strength:** the amount of force your body can use
- stretch:** reach
- tilt:** move to one side



Ladder Knowledge



Balance: Use the whole of the body part in contact with the floor, it will help you to balance.

Flexibility:

If you move as you breathe out you can stretch a little bit further.

Strength:

You will need to use different body parts and muscles for different poses.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social

collaboration, share ideas, work safely, support others

Emotional

honesty, confidence, awareness of others, perseverance

Thinking

comprehension, select and apply, identify areas of strength and areas for development, reflection

Strategies

Use your breath to help you to focus.

Your breath can be like a superpower for your brain. Your brain loves it when you take big, deep breaths. Imagine your brain is like a busy playground, with lots of thoughts running around. Sometimes, these thoughts can make it hard to pay attention or feel calm.

Here's where your breath swoops in. When you take slow, deep breaths, it's like you're telling your brain to take a break helping your brain relax and focus.

When you're doing your homework, playing a game, or even feeling a bit wiggly, remember to take a few deep breaths. Your brain will thank you!

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

If you enjoy this unit why not see if there is a yoga club in your local area.



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning



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



A pose that...

What you need: a flat space



How to play:

- Practise each of the poses above.
- Using the following statements, choose a pose that:
 - You found the easiest to do
 - You found the most challenging
 - Uses four body parts in contact with the ground
 - Stretched your back
- Decide on an order for the four poses you have selected and perform them as a flow (linking the four poses together).

Remember to move slowly and breathe deeply.

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