

## Year 1 Games 5

### National Curriculum objectives

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.

### Key Learning

- This unit develops motor skills and strengthening of core muscles through various activities. It develops pupils' ability to work at high intensity when engaging in fitness circuits.

### Key Vocabulary

**Balance:** Staying still and steady on your feet when it's tricky.  
**Catching:** Grabbing an object that is moving through the air.  
**Circuits:** Exercises that you take turns to do.  
**Continuous:** Keeping going.  
**Core muscles:** The muscles around your body – not your arms and legs.  
**Exercise:** Moving to keep your body strong and healthy  
**Fitness:** Being strong and healthy.  
**Games:** When you play to try and win a match.  
**Heart rate:** How quickly your heart is beating.  
**Intensity:** Working really hard.  
**Jumping Jacks:** An exercise where you jump, moving your arms and legs.  
**Jumps:** Pushing hard with your legs so that your body is pushed up into the air.  
**Motor skills:** How you move your body around.  
**Mountain climbers:** Exercises that you do on the floor, moving your knee to your elbow.  
**Reactions:** How quickly you can move when something happens.  
**Recovery:** When your body calms down after it has been working hard.  
**Relay races:** Races where you take turns to run part of the way.  
**Scoring:** Keeping count of how many points you have.  
**Shuttle run:** When you run there and back between two markers.  
**Speed:** How fast you do something.

### Equipment

- Benches.
- Cones.
- Hoops.
- Basketballs.
- Beanbags.
- Flat markers.
- Vault x 2.
- Gym tables.
- Agility ladder.
- Stopwatch.
- Mats.
- Activity cards (if required).
- Reaction balls.
- Scoresheets & pencils.

### Key Questions

Why is exercise important to you?

Which race is most challenging?

Which fitness activities have you enjoyed?

What do core muscles help you do?

### Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down