

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