

# Fundamentals Knowledge Organiser

<b>Year: 1</b>					
<b>Term: Spring 1</b>					
<b>Background information for teachers and pupils</b>					
<p>As in all units, pupils develop physical, social, emotional and thinking whole child objectives. Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>					
<b>Key Knowledge</b>					
<p><u>National Curriculum Aims:</u></p> <ul style="list-style-type: none"> <li>Pupils should develop fundamental movement skills, become increasingly competent and confident and across a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.</li> <li>Pupils should be taught to master basic movements including running, jumping, throwing, catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.</li> </ul>					
<b>Key Knowledge</b>					
<b>Progression of skills</b>					
	<b>Running</b>	<b>Balance</b>	<b>Jumping</b>	<b>Hopping</b>	<b>Skipping</b>
<b>Year 2</b>	Demonstrate balance when changing direction. Clearly show different speeds when running	Demonstrate balance when performing movements	Demonstrate hopping for distance, height and in different directions.	Explore working with a partner using unison, matching and mirroring.	Develop the use of facial expression in their performance.
<b>Year 1</b>	Explore changing direction and dodging. Discover how the body moves at different speeds.	Move with some control and balance, Explore stability and landing safely	Demonstrate control in take off and landing when jumping.	Begin to explore hopping in different directions.	Show coordination when turning a rope. Use rhythm to jump continuously in a French rope.
<b>EYFS</b>	Explore running and stopping. Explore changing direction safely.	Explore balancing whilst stationary and on the move	Begin to explore take off and landing safely.	Explore hopping on both feet.	Explore skipping as a travelling action.

Whole child Skills			
Physical	Social	Emotional	Thinking
<ul style="list-style-type: none"> <li>Balancing</li> <li>Sprinting</li> <li>Jogging</li> <li>Dodging</li> <li>Jumping</li> <li>Hopping</li> <li>skipping</li> </ul>	<ul style="list-style-type: none"> <li>Taking turns</li> <li>Supporting and encouraging others</li> <li>Working safely</li> <li>Communication</li> </ul>	<ul style="list-style-type: none"> <li>Challenging myself</li> <li>Perseverance</li> <li>Honesty</li> </ul>	<ul style="list-style-type: none"> <li>Selecting and applying</li> <li>Identifying strengths</li> <li>Listening and following instructions</li> </ul>

#### Links to other National Curriculum subjects

##### English

- Learning vocabulary – balance, direction, land, safely, jump, hop
- Listening and following instructions
- Expressing ideas
- Communicating with others

##### Maths

- Counting
- Measuring distances

##### Science

- Exploring how to balance
- Exploring how to jump, hop and skip for distance
- Understanding changes to the body during exercise

#### Key Vocabulary

**Prior vocabulary** - run, stop, space, jump, balance, skip

**New vocabulary** – fast, direction, hop, land, slow, safely

#### Teacher Glossary

<b>Balance</b>	The ability to maintain stability when stationary (static balance) or when moving (dynamic balance).
<b>Jump</b>	Take off and land on two feet.
<b>Hop</b>	Take off on one foot and land on the same foot.
<b>Travel</b>	A method of moving around a space e.g. jog, slide, skip, crawl etc.

#### What are fundamental skills?

Fundamental movement skills are a specific set of gross motor skills that involve different parts of the body. When confident and competent in these skills, children can develop more complex movement skills and apply these to recreational, activity or sport-specific situations.

##### Health and safety

**Model how to behave and move in a safe way both with and without equipment. Ensure that all equipment is stored safely when not in use.**

Remind children to:

- Remove any jewellery before the lesson.
- Tie long hair back.
- Wear suitable clothing for PE to school.

**GetSet4PE Fundamentals Scheme Overview**  
**Year 1**

	<b>Learning</b>	<b>Whole Child Objectives</b>	<b>Equipment</b>
<b>1</b>	<p><b>LO: To explore balance, stability and landing safely.</b></p> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>Look ahead when you land.</li> <li>Show hopping and jumping movements with soft bent knees.</li> </ul>	<p><b>Social:</b> To interact with other pupils in the class.</p> <p><b>Emotional:</b> To challenge myself.</p> <p><b>Thinking:</b> To use the teaching points to help me to improve.</p>	<p>Base stations (marking spots) x 30</p> <p>Cones x 30 Use cones where possible until we have more marking spots.</p> <p>Benches x 4</p> <p>Hoops x 12</p>
<b>2</b>	<p><b>LO: To explore how the body moves differently when running at different speeds.</b></p> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>Keep a steady breath.</li> <li>Move your arms faster to help you to move forward quickly.</li> <li>Run on the balls of your feet.</li> </ul>	<p><b>Social:</b> To show an awareness of others when moving around the space.</p> <p><b>Emotional:</b> To control my emotions.</p> <p><b>Thinking:</b> To identify the difference between walking, jogging, and sprinting.</p>	<p>Cones x 6</p>
<b>3</b>	<p><b>LO: To explore changing direction and dodging.</b></p> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>Decide which direction you are going to move into..</li> <li>Move your feet to change direction.</li> <li>Push off in a new direction, staying on balance.</li> </ul>	<p><b>Social:</b> To move around whilst keeping myself and others safe.</p> <p><b>Emotional:</b> To play honestly and abide by the rules.</p> <p><b>Thinking:</b> To listen to the instructions and understand what to do.</p>	<p>Cones x 30</p> <p>Team bands x 30</p>
<b>4</b>	<p><b>LO: To explore jumping, hopping, and skipping actions.</b></p> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>Land on the balls of your feet to stay balanced.</li> <li>Move from one foot to another with soft bent knees.</li> <li>Swing your arms to help you move forwards.</li> </ul>	<p><b>Social:</b> To support and encourage others.</p> <p><b>Emotional:</b> To challenge myself to get the best score for me.</p> <p><b>Thinking:</b> To identify what movement to choose to succeed in the task.</p>	<p>Cones x 30</p> <p>Download Hop and Jump videos from lesson 4 to show the children.</p>
<b>5</b>	<p><b>LO: To explore co-ordination and combining jumps.</b></p> <p><b>Success Criteria:</b></p> <ul style="list-style-type: none"> <li>Bend your knees to jump and land.</li> <li>Count in time to the beat 1,2,3,4.</li> <li>Keep your body upright.</li> </ul>	<p><b>Social:</b> To help others with the task.</p> <p><b>Emotional:</b> To persevere when learning something new.</p> <p><b>Thinking:</b> To listen to and follow instructions accurately.</p>	<p>French skipping ropes x10 On order</p> <p>Cones x 10</p> <p>Agility ladder x 4 1 in school 3 on order</p> <p>Hurdles – optional</p>
<b>6</b>	<p><b>LO: To explore combination jumping and skipping in an individual rope.</b></p> <p><b>Success criteria:</b></p> <ul style="list-style-type: none"> <li>Keep your body upright.</li> <li>Lift the rope over your head to your feet.</li> <li>Turn the rope from your wrists.</li> </ul>	<p><b>Social:</b> To praise others in the class.</p> <p><b>Emotional:</b> To take my time and not give up when I am struggling.</p> <p><b>Thinking:</b> To use the teaching points to help me to improve.</p>	<p>Base stations/ marking spots x 30 On order</p> <p>Skipping ropes x 30</p> <p>Download Individual skipping video to show children.</p>

All lesson plans and equipment lists can be found here:

<https://www.getset4pe.co.uk/lesson/ks1/fundamentals?years=1000>