KS1- PE Fundamental Movement Skills - Knowledge Mat

Subject Specific Vocabulary

Throw	Propel (something) with force through the air by a movement of the arm and hand.
Underarm	A backward-forward swing of the arm to release an object from the hand.
Overarm	A throw using your arm above your shoulder.
Hop	To jump and land using one foot only.
Jump	To push off from a surface into the air using two feet.
Skip	To move lightly, stepping from one foot to the other with a hop or bounce.
Roll	Move a ball along the floor smoothly without a bounce.
Kick	Strike a ball forcibly with the foot.

Crucial Connections

https://www.youtube.com/watch?v=ICbt65ZwKjs

https://www.youtube.com/watch?v=UKz5P-Q01yU

Sticky Knowledge

I can throw underarm

I can throw overarm

I can catch

I can hop with either foot

I can jump with two feet together

I can run fast

I can skip

I can roll a ball

I can kick a ball

I can bounce a ball

At the end of this topic I will be able to:

Master basic movements including running, jumping and throwing.



Aspirations

PE teacher

Athlete

Related Examples









Jump, Run, Bounce and Kick