
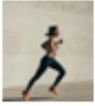








Key Vocabulary

Balance		A steady position without falling.
Control		To be able to move in a way that you want to.
Travel		To go from one place to another.
Agility		To be able to move quickly and easily.
Timing		Decide when something should be done.
Aim		To point at a target.
Target		An object or place to attack.
Rotate		Move around in a circle.



Year 1 – Multi Skills

Techniques



What I need to know:

Skills

- | | |
|--|--|
| <input type="checkbox"/> I can move with control. | <input type="checkbox"/> I can use controlled movement to travel in different ways. |
| <input type="checkbox"/> I can perform balances using different parts of the body. | <input type="checkbox"/> I can aim a variety of balls and equipment at a target. |
| <input type="checkbox"/> I can run on the balls of my feet. | <input type="checkbox"/> I can quickly change direction, whilst travelling with control. |
| <input type="checkbox"/> I can move the upper and lower body together. | |
| <input type="checkbox"/> I can use timing to aim, stop and guide an object. | |

Health and Fitness

- I can show how to exercise safely.

Evaluating and Improving

- I can say how I could improve