



Multi-Skills

Changing direction

When you are moving and travelling in different ways, it is important to be able to change direction. This often happens in games like chase, tag and in sports like football and netball.



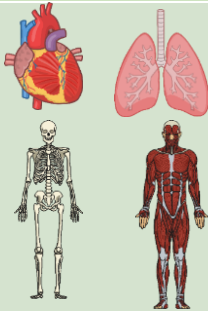
When changing direction make sure you:

- Look where you want to go
- Move your body in that direction
- Push off to move and place your foot down.

In Year 2, you should practise choosing different speeds and distances depending on your challenge.

Why is exercise so important?

- Exercise helps to keep our body healthy.
- It's good for our heart, lungs, bones and muscles.
- Activity is good for our brain and helps us to concentrate so that we can learn better.
- Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!



Multi-Skills (ABC) Year 2

Key Skills

- To practise my agility by changing direction and speed.
- To practise my balance by moving my body at different speeds and in different ways.
- To practise my co-ordination by working with others and with equipment.
- To progress my fundamental skills working with a partner and a group.
- To perform and explore different ways of travelling including forwards, backwards and sideways using jumping, skipping, hopping, running and walking.
- To choose speed and distance and vary them depending on the task.
- To recognise and describe how my body feels before, during and after exercise.

Equipment

Footballs
Larger soft balls
Tennis balls and rackets
Hockey sticks
Beams
Beanbags

Cones
Bibs
Hoops
Ladders
Hurdles

Key Vocabulary

Travelling	To move from one place to another.	✓
Speed	To move different parts of the body as quickly as possible.	
Distance	How far it is from one place to another.	
Exercise	To simply move our bodies.	
Spatial awareness	Being aware of your surroundings and understanding how to move safely.	



Multi-Skills games I'll play in Year 2

Shark tag

Escape from the Zoo

Stuck in the mud

Get out of my swamp

Rob the bank

Traffic Light game