



Multi-Skills

Different Speeds

How many different speeds can you move at?
Can you run quickly? Can you run slowly?
What is fast running called?
What is slow running called?
Can you walk at different speeds?



Jogging

Jogging is moving at a steady pace for a longer amount of time
-Keep your head still and looking forwards
-Gently move your arms
-Jog at a steady speed, this will mean you can carry on for longer
-Keep your knees low.



Sprinting

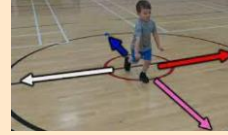
Sprinting is running as fast as you can over a short distance.
-Keep your head still and looking forwards
-Pump your arms
-Keep running at your fastest speed from start to finish
-Lift your knees up high.



Multi-Skills (ABC) Year 1

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.



Equipment

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

Cones
Bibs
Hoops
Ladders
Hurdles

Key Vocabulary

Fundamental skills	Agility, balance and co-ordination. Also, balancing, running, jumping, catching, hopping, throwing, galloping, skipping, leaping and kicking.
Agility	To change the direction of my body as fast as I can.
Balance	To keep my body still and not fall over.
Co-ordination	To move my arms and legs as fast as I can.

Fundamental skills



Multi-Skills games I'll play in Year 1

Shark tag

Escape from
the Zoo

Stuck in the
mud

Get out of my swamp