



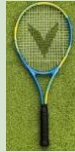
Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Multi-Skills

This term in **Multi-Skills**, we will be using the skills we learned last term and start using sports equipment. We will still be practising our Fundamental Skills.

Tennis rackets

Develop balancing a tennis ball on a tennis Racket (PICTURES OF THESE)



Footballs

Develop changing direction with a football using my feet.



Hockey sticks

Develop co-ordination with a hockey stick and ball



PE: Year 1

Multi-Skills (Sports Specific)

Key Skills

Practise my agility by changing direction and speed.



Practise my balance by moving my body at different speeds and in different ways.



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

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

Zoneball

Dropball