



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Multi-Skills

In **Multi-Skills** this term, we will be looking at Sports day events and trying to improve our fundamental movements skills.

Travelling at different speeds

Jogging is moving at a steady pace for a longer amount of time.

Gently move your arms.



Keep your head still and looking forwards

Jog at a steady speed – be able to carry on for a longer time.

Keep your knees low.

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.

PE Summer: Year 1 Multi-Skills (Athletics)

Key Skills

-To move more confidently when performing different types of travel.

-To practise fundamental skills in a range of individual and team activities.

-To choose the correct fundamental movement skills that are suited to the event.

-To describe what others are doing.

-To describe the skill I have been practising.

Equipment

Cones
Hoops
Beanbags
Baton
Finish line
Ladders
Balls
Egg and Spoon
Hurdles



Key Vocabulary

Travel	To travel is to move from one place to another.
Individual	When you complete an event on your own and not in a team.
Team	When you complete an event with a group of children.
Sprint	To run as fast as you can over a short distance.
Relay Race	A relay race is an event in which four people work as a team to reach the finish line.
Baton	A short stick that is passed from one runner to another in a relay race.
Hurdle	An obstacle you must jump over in a race.

Fundamental skills



Year 1 Sports Day Events

Running Relay

Sprint Race

Bean Bag
Target Throw

Sack Race

Egg & Spoon Race

Football
Dribble