

Fundamental Movement 1

Fundamental Movement skills 1



In this unit children work on developing their fine motor skills.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Run skilfully Negotiate space successfully	Pick up, carry and put down with care Use tools to help me manipulate objects	Show increasing control over an object. Control my emotions when playing games	Balance on one leg Move through an obstacle course skilfully	Be excited about, and confident in, my jobs. Encourage my team-mates whilst I wait my turn	Thread objects Play games fairly
KNOWLEDGE I know.....	What a good space to stand in is How to share equipment and take turns.	To take my time and work with care	To run around with my head up To be aware of other children	Which parts of my body help me with balancing	To take turns	To work carefully and that rushing can lead to mistakes Some effects of exercise on my body
ASSESSMENT I can...	Show increasing control over an object	Share equipment and take turns.	Negotiate space successfully	Show increasing control over an object	Share equipment and take turns.	Negotiate space successfully