

Multi Skills!

Exploring a variety of movements, thinking and communication that is the foundation of different sports or activities

Sticky Knowledge:

Warm ups prepare muscles so that they they are not injured during sport,

Cool downs and meditation are important to ensure that muscles and mind and relaxed after sport.

Circuits build stamina, agility and co-ordination.

Communication is just as important as skill, in sport.

Multi-skills give you the skills for sport.

Key sport opportunites:

- balancing statues.
- circuits.
- collect the cones.
- bean bag match.
- cat and mouse.
- circle run.
- agility trails.
- pirates treasure.

Key Vocabulary to recap from Reception Class.

Balance

To be able to hold a position without falling over.

Warm up

Preparing your body/muscles for activity.

Movement

The use of motor skills.

Direction

Where you are travelling or propelling something.

New Key Vocabulary

Meditation

Concentration, relaxing the body.

Co-ordination

To use the right muscles with appropriate intensity.

Aim

Careful direction when propelling an object or your body.

Timing

Being able to coincide movements in relation to external factors.

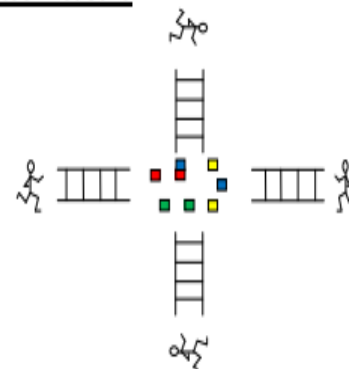
Circuit

Performing a series of exercises in a certain order.

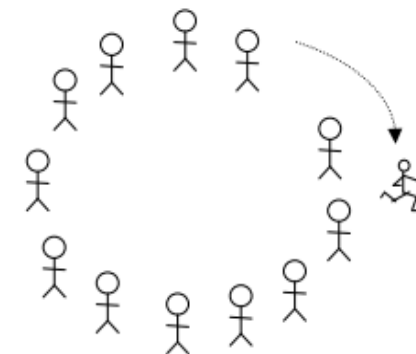
Key Resource



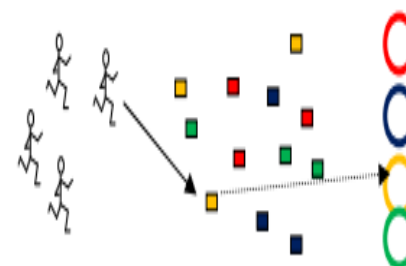
Pirates Treasure



Circle Run



Bean Bag Match



Cat and Mouse

Mark out area as below

