

# Fundamentals

## Key Vocabulary for Fundamentals

Hop – make a short, bouncing leap on one leg.  
Slow - moving at a low speed.  
Fast – moving in a direction quickly.  
Direction – the line a ball or object moves along.  
Land – when your feet touch the ground again.  
Safely – without harm or injury.

## Pillars

**Motor Competence** - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

**Rules, Strategies and Tactics** - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

**Healthy Participation** - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

# Yoga

## Key Vocabulary for Yoga

Mindfulness – being calm and relaxed.  
Breath – taking in air through your mouth or nose.  
Copy – repeating an action.  
Wellbeing – feeling relaxed and calm in your mind.  
Posture – sitting straight up with your chest high.  
Flexibility – moving your arms and legs in different directions safely.

# PE Year 1: Autumn 1

## Key Knowledge for Fundamentals

**Running:** understand that bending my knees will help me to change direction. Understand that if I swing my arms it will help me to run faster.

**Balancing:** know that looking ahead will help me to balance. Know that landing on my feet helps me to balance.

**Jumping:** know that landing on the balls of my feet helps me to land with control.

**Hopping:** know that I should hop with a soft bent knee.

**Skipping:** know that I should use the opposite arm to leg when I skip.

Know that jumping on the balls of my feet helps me to keep a consistent rhythm.

## Key Questions

### Fundamentals

What helps us to balance?

How do we land safely and with control?

What's the difference between sprinting and jogging?

How can you trick someone about which way you are going?

What should we do to jump higher?

What makes a good teammate?

### Yoga

Which poses are challenging to our balance?

What is mindfulness?

Why is it important to be able to concentrate on one thing at a time?

What makes a good yoga partner?

How does yoga make us feel?

## Key Knowledge for Yoga

**Balance:** know that if I focus on something still it will help me to balance.

**Flexibility:** know that yoga helps to improve flexibility which we need in everyday tasks.

**Strength:** know that I can use my strength to move slowly and with control.

**Mindfulness:** understand that yoga can make me feel happy.

## Key Skills for Yoga

**Balance:** perform balances and poses making my body tense, stretched and curled.

**Flexibility:** explore poses and movements that challenge my flexibility.

**Strength:** explore strength whilst transitioning from one pose to another.

**Mindfulness:** recognise my own feelings in response to a task or activity.

## Key Skills for Fundamentals

**Running:** explore changing direction and dodging. Discover how the body moves at different speeds.

**Balancing:** move with some control and balance. Explore stability and landing safely.

**Jumping:** demonstrate control in take off and landing when jumping.

**Hopping:** begin to explore hopping in different directions.

**Skipping:** show coordination when turning a rope. Use rhythm to jump continuously in a French rope.