Headteacher: Mr M Grogan

St George's Central CE Primary School and Nursery

Key Words	Definition
Balance	An even distribution of weight, remaining even and steady.
Agility	The ability to move quickly, fluidly and evenly.
Coordination	The ability to use different parts of the body together, smoothly and efficiently.
Technique	The way in which something should be done.
Spatial awareness	The ability to be aware of what is around you
Possession	Having or controlling an object during a game.
Dodge	A movement that involves avoiding something or someone.

Coaching Points
Personal best – As the majority of key skills can be practised individually, encouraging children to beat their personal best (i.e. number of catches in a minute) is a useful strategy.
Task – the unit covers a range of skills that are transferable between sports. Children may cover a range of sports during the half term or may even cover different sports within a lesson.
Fundamental Movement Skills – Children should be working on a range of the fundamental movement skills, applying these into game situations. As children are able to master the skills, they can combine various elements to improve their performance.

Fundamental Movement Skills

Gymnastic Skills	Travelling Skills	Ball Skills
Line balance	Dodge	Catch
Balance on one foot	Hop	Over-arm throw
Forward roll	Jump for height	Under-arm throw
Climb	Jump for distance	Kick
	Side step	Chest pass
	Skip	Foot dribble
	Sprint run	Hand dribble
	Continuous leap	Punt
	Gallop	Two-handed strike

*L*essons should focus on particular key skills, a breakdown of which can be found in the key skill booklet on the shared drive. Each skill can then be applied to small game situations.

Assessment Focus

- Use running, jumping, throwing and catching in isolation and in combination
- Know and use rules fairly
- Use space within a game
- Show awareness of space
- Vary tactics and skills to suit a game

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12