



# Physical Education

## Term 1

### Week 9 – Year 1

### Fundamental Movement Skills

### *Skipping*

#### Skill Explanation

The skip is a rhythmical, cross lateral movement involving a step - hop on one leg, then transference of weight to the other foot to repeat the pattern. Skipping is often a spontaneous reaction to rhythm, music or feelings of happiness. It is often included in dancing and the footwork is basic to numerous sports.

#### Skill Criteria Checklist:

|    |  |
|----|--|
| 1. | Shows a rhythmical step-hop                  |
| 2. | Lands on the ball of the foot                |
| 3. | Knee of support leg bends to prepare for hop |
| 4. | Head and trunk stable, eyes focused forward  |
| 5. | Arms relaxed and swing in opposition to legs |
| 6. | Shows a rhythmical step-hop                  |
| 7. | Lands on the ball of the foot                |

#### Skill Example

Watch this video link to learn how to Skip!

[Link](#)

#### How to show us!

Please create a video of yourself doing this skill and upload it to your class dojo portfolio.

Send Mrs Bastick or Miss Stumpf (whoever teaches you for PE) a dojo message to let us know that you have completed it.

#### Extension

Let us know something you found interesting about this task.  
What challenges did you face? How did you overcome them?  
Did you modify it?  
How did your body feel before and after the task?

My hero!



## Add 1, 2 or 3

|           |           |           |           |
|-----------|-----------|-----------|-----------|
| $3 + 1 =$ | $4 + 1 =$ | $1 + 1 =$ | $2 + 1 =$ |
| $1 + 3 =$ | $1 + 4 =$ | $5 + 1 =$ | $1 + 2 =$ |
| $3 + 2 =$ | $4 + 2 =$ | $1 + 5 =$ | $2 + 2 =$ |
| $2 + 4 =$ | $2 + 5 =$ | $5 + 2 =$ | $2 + 3 =$ |
| $5 + 3 =$ | $3 + 4 =$ | $3 + 3 =$ | $4 + 3 =$ |

My Score:

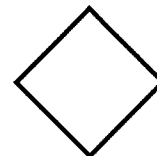
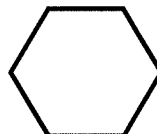
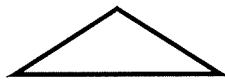
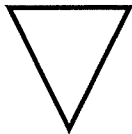
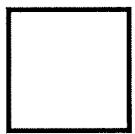
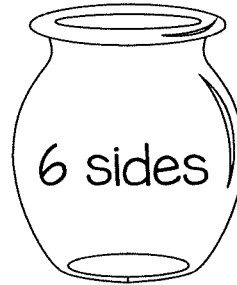
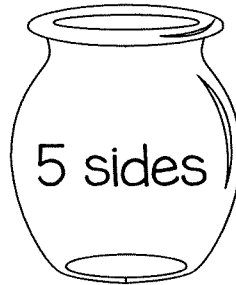
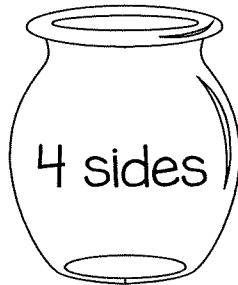
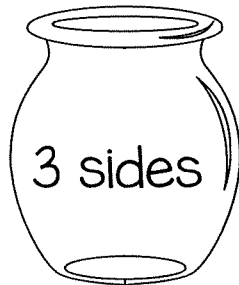
How many stars did you score?



# Shape sort

2D shapes

1 Join each shape to the correct jar.



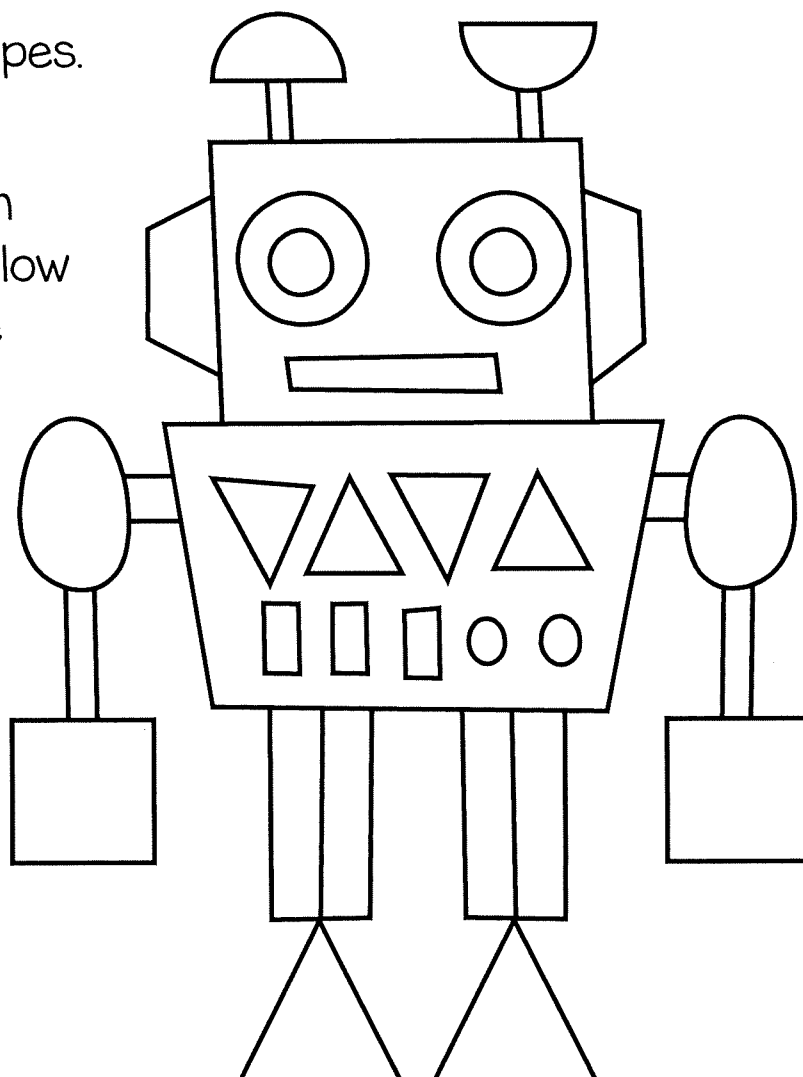
2 Colour the shapes.

triangle = red

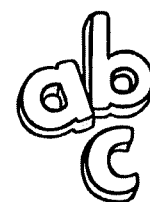
square = green

rectangle = yellow

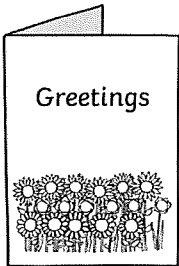

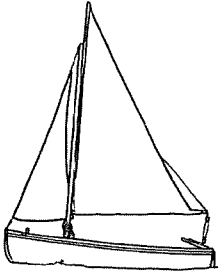
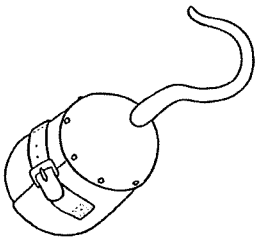
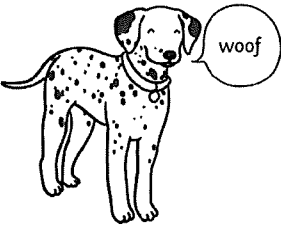
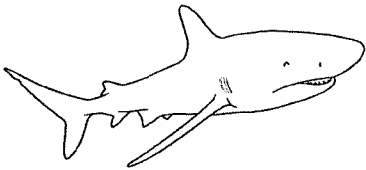
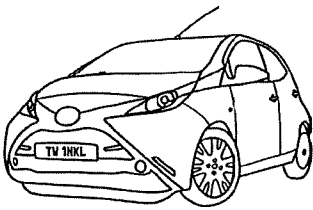
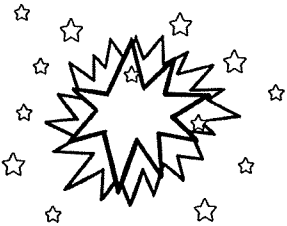
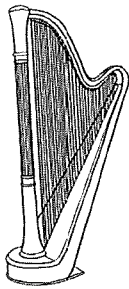
circle = orange



# Find and Write the 'ar' Words



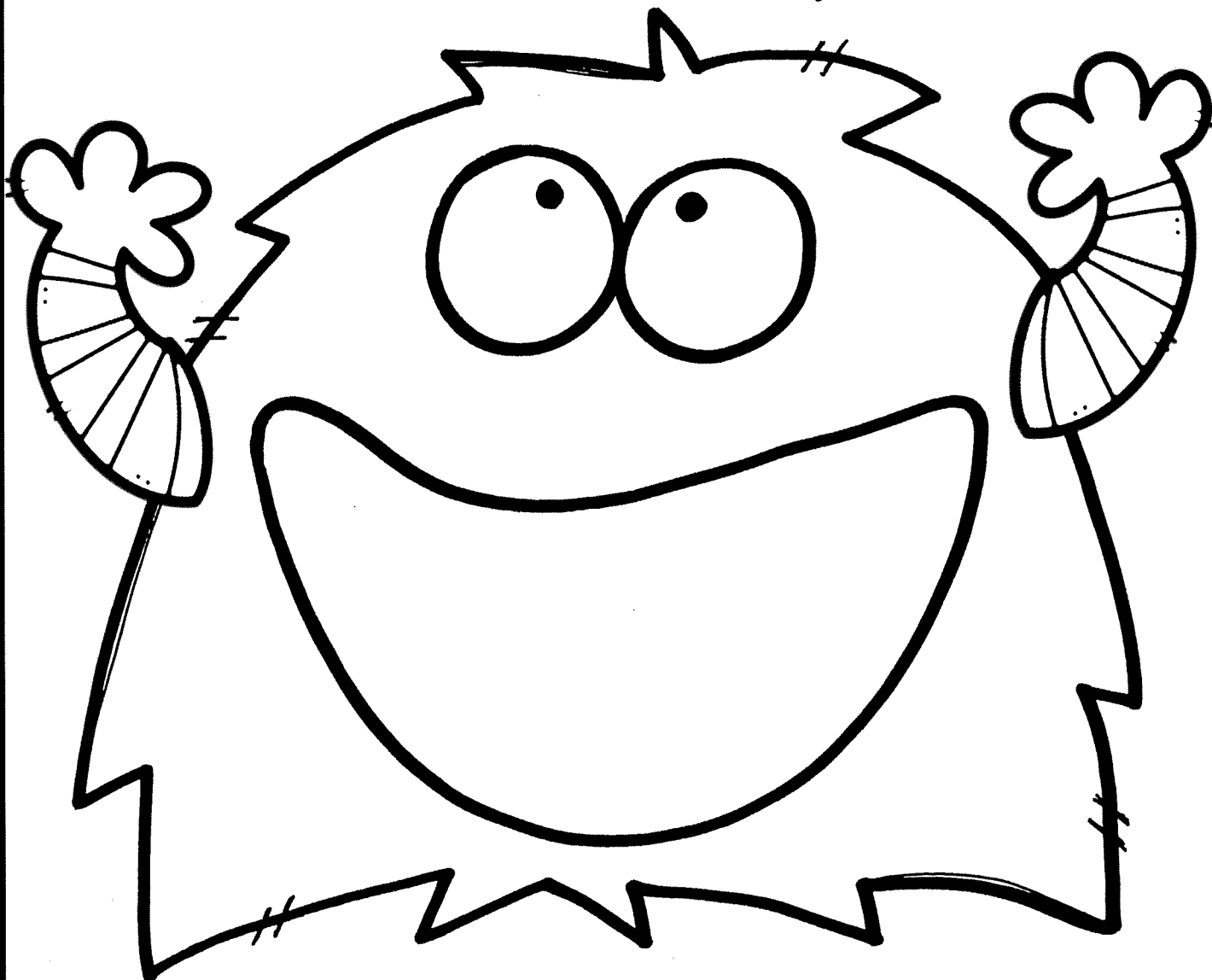
Write the words and then colour the ones with an 'ar' sound in them.

|   |   |   |
|---|---|---|
|  <div data-bbox="113 786 544 931"> <div>c</div> <div></div> <div></div> </div>     |  <div data-bbox="576 786 1002 931"> <div></div> <div></div> <div>n</div> </div>      |  <div data-bbox="1038 786 1465 931"> <div></div> <div></div> <div>t</div> </div>     |
|  <div data-bbox="113 1301 544 1447"> <div>h</div> <div></div> <div></div> </div> |  <div data-bbox="576 1301 1002 1447"> <div>b</div> <div></div> <div></div> </div>  |  <div data-bbox="1038 1301 1465 1447"> <div></div> <div></div> <div>k</div> </div> |
|  <div data-bbox="113 1816 544 1962"> <div>c</div> <div></div> <div></div> </div> |  <div data-bbox="576 1816 1002 1962"> <div></div> <div></div> <div>ng</div> </div> |  <div data-bbox="1038 1816 1465 1962"> <div>h</div> <div></div> <div></div> </div> |

Name: \_\_\_\_\_

# monster Adjectives

Decorate the monster and then write some adjectives to describe it.



|  |  |  |
|--|--|--|
|  |  |  |
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