



Topics: Multiskills, Health and Fitness, Running skills	Year: FS2/Y1	Spring Term
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Key knowledge	
Multiskills	
Activity stations	To understand how to use activity stations to increase fitness
Timed activities	To use set times to help increase performance and competition
Running, targets and team work	To use different physical skills; running, throwing, balancing in a team environment.

Extended learning opportunity
To enhance meaningful play and increase physical activity at playtime.

Cross curricular links
Science -Effects of exercise and food on the body,
Maths - Counting, time, predicting
Social development - sharing, turn taking and modelling success

Key Vocabulary	
activity station	An area where one activity is practiced
competition	When we work with our peers and try to improve our performance
target	Using an object to throw or send to a specific place with the aim of scoring points.
Hand eye coordination	Watching the object carefully that is being thrown, caught or hit.
Fitness	Our ability to tackle physical tasks.
Take-off and landing	
Star jump	 <p>Stretch arms and legs.</p>