

## Dog Kennel Hill Primary School - Physical Education

**Topic: Multi Skills**

**KS1**

**Strand: Multi Skills**

### What should I already know?

- To negotiate space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles.
- To show increasing control over an object in pushing, patting, throwing, catching, or kicking it.

### What will I know by the end of the unit?

- |                               |   |
|-------------------------------|---|
| End of Key stage expectations | <ul style="list-style-type: none"> <li>• Can roll a ball</li> <li>• Can catch with both hands</li> <li>• Can kick in different ways</li> <li>• Can hit a ball with a bat</li> <li>• Can throw in different ways</li> <li>• Can use hitting, kicking and/or rolling in a game</li> <li>• Can follow the rules in a game</li> <li>• Can decide where the safest place to be is during a game</li> </ul> |
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### Diagram



### Vocabulary

<b>Kick</b>	strike or propel forcibly with the foot.
<b>Travel</b>	go from one place to another, typically over a distance of some length.
<b>Rules</b>	one of a set of explicit or understood regulations or principles governing conduct or procedure within a particular area of activity.
<b>Roll</b>	move in a particular direction by turning over and over on an axis.
<b>Throw</b>	propel (something) with force through the air by a movement of the arm and hand.
<b>Tactics</b>	an action or strategy carefully planned to achieve a specific end.
<b>Dribble</b>	(in soccer, hockey, and basketball) take (the ball) forwards past opponents with slight touches of the feet or the stick, or (in basketball) by continuous bouncing.

### Inspirational Athlete

#### Lauryn Williams, Sprinter and Bobsled

Lauryn Williams made the Olympic team as a sprinter on the United States track team in 2004 and 2008. She was quite accomplished in her field, and she won a silver medal in 2004 for her performance in the 100-meter dash.

She also won a gold medal in 2012 in London as part of the 4 x 100-meter relay team.

