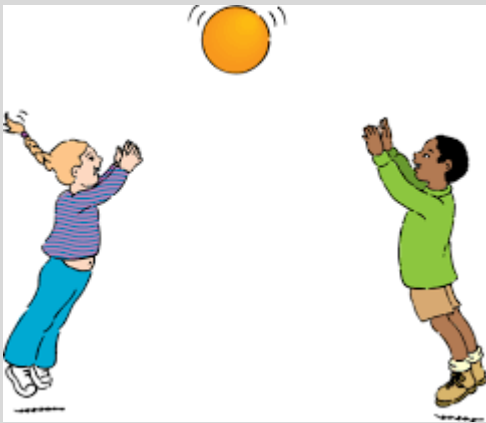




# Year 1: Multiskills

Subject Specific Vocabulary			Important knowledge
<b>relay</b>	An event where a team of children perform taking turns.		<input type="checkbox"/> I know how to move with control and confidence whilst working with others
<b>power</b>	How much strength you use.		<input type="checkbox"/> I know how to use a range of movements with control demonstrating balance & coordination
<b>control</b>	Knowing what your body is doing.		<input type="checkbox"/> I know how to move in different ways around the area safely whilst handling the equipment in the correct way.
<b>agility</b>	To be able to change the direction of your body quickly		<input type="checkbox"/> I know how to use balance and coordination whilst improving skills.
<b>space</b>	Where you can't touch anything or anyone.		<input type="checkbox"/> I know how to play games with each other fairly.
<b>movement</b>	Being able to move, communicate and think whilst playing a sport.		<input type="checkbox"/> I know how to work within a team and show respect.
<b>awareness</b>	Being aware of where your body is and being able to know when and how to move it.		
<b>balance</b>	To be able to maintain a body position using core muscles.		
<b>coordination</b>	When two or more parts of the body work together.		