



Physical Education

Locomotion Foundation

Unit Purpose

The unit of work will **explore** walking using different body parts in different **directions**, at different **levels** and at different **speeds**.

Pupils will learn how to **apply** their walking skills into games.

Inspire Me

Did you know... on average a person walks 65,000 miles in their lifetime! That's equivalent to **walking** three times around the earth.



Key Success Criteria

- P** Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders.
- C** Pupils will develop an understanding of why we move into space as they explore moving and walking.
- S** Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.
- W** Pupils will develop their own self belief as they move and travel with confidence.



Vocabulary for Learning

Defender: We are considered a 'defender' when we are trying to catch an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Change of direction: means to change the pathway that we are orienting in.

Space: is an open area on the pitch that is unoccupied by another pupil or a defender.

Speed: is the ability to move parts of the body as quickly or as slowly as possible.



Sport Specific Vocabulary

Walking: is a method of moving at a regular pace by lifting and placing down each foot in turn, never having both feet off the ground at once.

Marching: is a method of moving in either a rhythmic or a route-step time. Marching is normal associated with the military and requires controlled and disciplined movements.

Tag: is the method applied by the defender to stop an attacker from moving.



Physical Education

Locomotion Year 1

Unit Purpose

The unit of work will **develop** pupils' ability to run using different parts of their bodies.

Pupils will begin to understand the basic principles of **attack** and **defence** as they develop their understanding of where we need to run and why.

Inspire Me

Did you know... that in 2005 Dean Karnazes ran 350 miles across Northern California without stopping. He did not stop to sleep or to eat! Dean ran continuously for 80 hours, 44 minutes without a break!

Courage

Apply dodging in teams

Develop dodging

Gratitude

Explore dodging

Transition to Year 2

Year 1
Learning
Journey

Explore running

Explore running at different speeds

Honesty

Fairness

Concentration

Apply running

Running for speed:
Acceleration

Running in a team



Key Success Criteria

P Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.

C Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.

S Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.

W Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.

“ Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Speed: Is the ability to move all or part of the body as quickly as possible. Speed is a vital component to being successful when running.

Acceleration: is how quickly an athlete can increase their speed over a distance when running.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.





Physical Education

Locomotion Year 2

Unit Purpose

The unit of work will challenge pupils to apply their **knowledge** of how, where and why to **dodge**.

Pupils will learn the roles of **attacking** and **defending** and start to **understand** when we attack and when we defend while using their dodging skills.

Inspire Me

Did you know... that the foot and ankle are made up of 26 bones, 33 joints and over 100 muscles, tendons and ligaments. Every time you take a step your body uses over 200 different muscles!



Key Success Criteria

- P** Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders.
- C** Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.
- S** Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.
- W** Pupils will develop life skills such as honesty and self belief as they strive to dodge effectively and keep the score in their games.

“ Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



Sport Specific Vocabulary

Dodge: is a method of moving quickly by an attacker, from one side to the other to avoid being tagged by a defender.

Tagging or Tag: is the method applied by the defending team to stop an attacker from moving.