

# BLACKROD PRIMARY SCHOOL

## Project Reflections – Spring 1: PE

### Fundamental Movement Skills



We have been continuing to work on our fundamental movement skills this term. This helps children when moving onto applying these in sports specific situations when they are older.

The children have enjoyed practicing their ball control in rolling



Take a look at the skills here:  
[Movement skills - KS1 Physical Education - BBC Bitesize](#)

# BLACKROD PRIMARY SCHOOL



Balancing

Other skills we have been working on.



Rolling



Jumping

## Key Vocabulary

Balance - helps maintain their position and prevents games players from falling over at speed.

Co-ordination - the ability to execute smooth, accurate, controlled motor responses.

Fine control - Gross and fine motor skills, the coordination of small and large muscle movements.