



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 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.

