GETTING BETTER - SOSS

MULTI-SKILL CLUB

GETTING SKILFUL-FABB

Encourage the children to:

Feet

- · run on the balls of their feet using small steps
- · change length of stride to reach further.

Arms

· use opposite arm to leg, pumping action.

Body

· lean towards direction of run with head still.

Brain

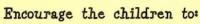
• think about how they can communicate to others about movement, e.g., using voice, signals etc.



YOUTH SPORT TRUST

STOOL SPORT AND

department for education and skills &



Space

o increase the distance or complexity of pathway to offer more challenge.

Objects

o move with different objects to practice controlling the body as well as the object.

Speed

o change speed to arrive at the correct time by sprinting or slowing down as needed.

Strength

o drive off the ground away from the direction in which they are travelling.



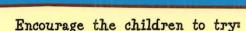
Agility

o being able to respond to other people's change of movement.

Balance

o adjusting balance to move with someone else.

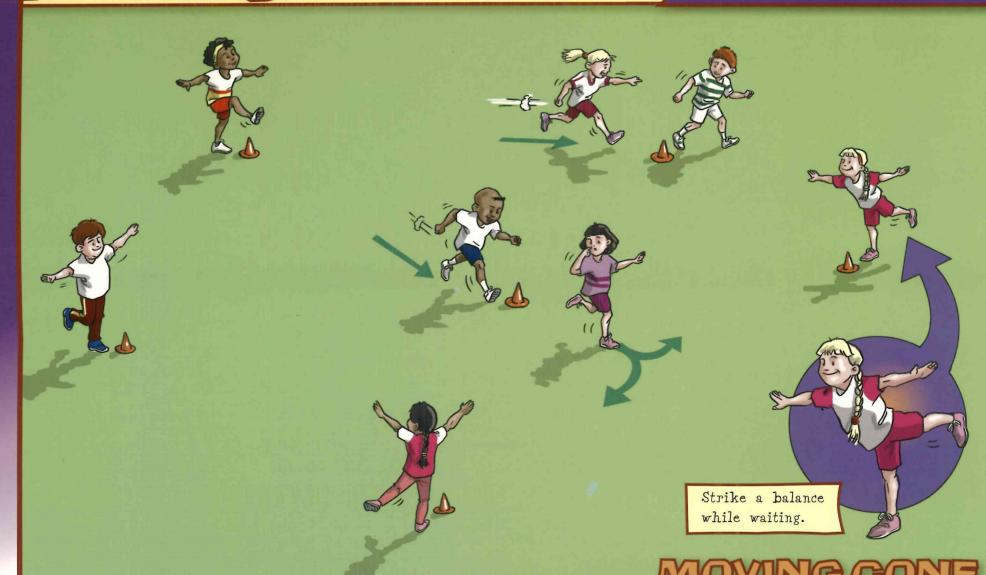
EXTENDING SKILLS



- timing their movement when travelling with an object to test their control skills
- o moving at the same time as a partner (unison), following on from a partner (canon)
- · changing between unison and canon as they move
- o to identify when it is good to arrive before, at the same time, or even after a partner, opponent or object in chosen activities.

MULTI-SKILL CLUB

CO-ORDINATION 3
MOVING WITH OTHERS





deducation and deduca

- · Set out safety markers in a defined area.
- · Use two less markers than players.
- The two players without a marker run towards a marker with someone standing by it.
- On reaching the marker shout 'GO' and player standing by marker has to move to find another.
 Set a time limit to find a new marker and a time limit on the whole game.