

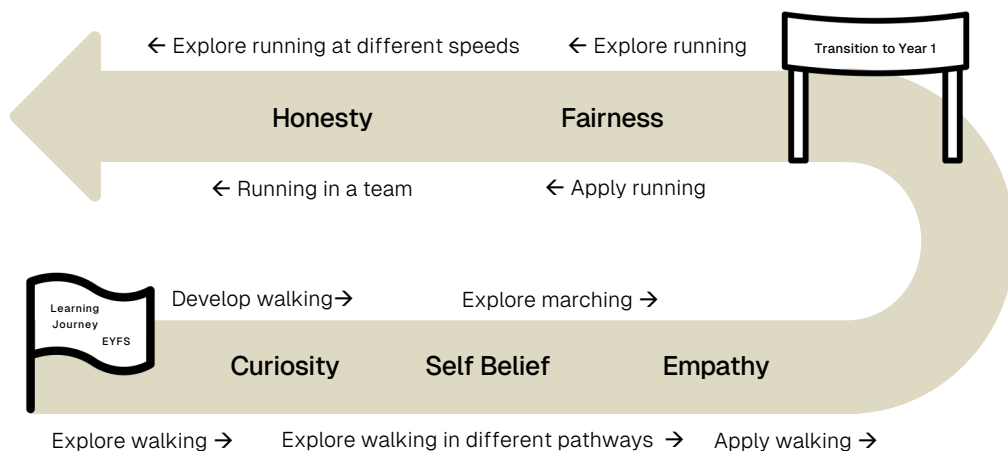


Knowledge Organiser

Locomotion Walking 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

Physical, Cognitive, Social and Emotional Unit Success

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.

E

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.

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.