

# Multi-Skills

## End Points

### Year 1

I can play games showing spatial awareness.  
I can negotiate a series of obstacles.

### Year 2

I can play games using changes in speed and direction.  
I can play games using a ball.

## Skills

Throwing (short and long distances, to a person, to a space)  
Catching  
Running (in a straight line, round a circuit of bases, to a post)  
Jumping (in and out of a cone)  
Balancing  
Co-ordination  
Kicking

## Ideas...

Try these websites for ideas on multi-skills activities.

<https://www.sasp.co.uk/uploads/multiskills-year-1-lessons-1-12.pdf>

[http://www.whalton.northumberland.sch.uk/storage/secure\\_download/RmpVbUJLZ1M4YnZRcXVQVnRwRk5Bdz09](http://www.whalton.northumberland.sch.uk/storage/secure_download/RmpVbUJLZ1M4YnZRcXVQVnRwRk5Bdz09)

## Have you thought about...?

Mixing up the ideas?  
Making a circuit of activities?  
Setting up an obstacle course?

## Differentiation

Choice of equipment- size of balls used, beanbags, choice of cones, spots  
Group selection – mixed ability groups, same ability groups, individual work  
Size of work space- larger for support, smaller for extension  
Task delivered- different tasks delivered, pace of tasks delivered  
Level of questioning and answering – during activities and in plenary/ starter activities