

### Purpose

Develop fundamental movement skills to support balance, coordination and control, including balancing, walking, running and other foundation movement patterns. Develop the ability to navigate space, change direction and speed safely.

Develop essential personal skills including following instructions and simple rules, and understanding how these relate to their safety as an individual and in groups. Begin to make decisions about safety and work towards independent learning.

### Learning Goals



### Follow Instructions

#### Expected

- I enjoy working on simple tasks with help.

#### Exceeding

- I can follow instructions and practise safely.
- I can work on simple tasks by myself.

#### Coordination

Footwork

#### Static Balance

One Leg Balance

Bike

Pirate

In this unit, the children will develop and apply their footwork and one leg balance through focused thematic stories, songs and games.

- Emerging**  
I can explore **footwork** and **one leg balance** movements
- Expected**  
I can complete **some** Yellow challenges
- Exceeding**  
I can complete **all** Yellow challenges

## Personal Skills



### Developing my personal skills and knowledge so...

#### What

I enjoy working on simple tasks with help.

I can follow instructions and practise safely.

I can work on simple tasks by myself.

#### How

Listen carefully to instructions.  
Stay on task as long as I can.

Stay within marked areas.  
Keep my head up.  
Concentrate hard on what I am doing.

Concentrate and stay on task as long as I can.  
Keep trying when things are hard.

## Skills and Knowledge - FMS

## Coordination Footwork

### Skill Challenges

With fluency and control:

1. I can side-step in both directions.
2. I can gallop, leading with either foot.
3. I can hop on either foot.
4. I can skip.

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### Developing my footwork skills and knowledge so...

#### What

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I can move with good control.

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I can move with good balance.

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I can move smoothly.

#### How

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Keep my head up.

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Bend my knees to help balance.

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Work off the balls of my feet.

## Static Balance One Leg Balance

### Skill Challenges

Maintaining balance:

1. I can stand still for 10 seconds on my right leg.
2. I can stand still for 10 seconds on my left leg.

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### Developing my one leg balance skills and knowledge so...

#### What

I can balance with standing foot still.

I can balance with non-standing foot off the floor.

I can balance with minimum wobble.

#### How

Keep my head up and still.

Keep my tummy tight.

Keep my back straight.

### Key Vocabulary

task, safely, gallop, side step, hop, skip, control, directions, sidestep, back, muscles, straight, still, wobble

## Curriculum Links

### Early Learning Goals

Negotiate space and obstacles safely with consideration for themselves and others.

Demonstrate balance and coordination when playing.

Move energetically, such as run, jump, hop and skip.

Listen attentively and respond to what they hear.

Show an ability to follow instructions involving several ideas or actions.

Show independence, resilience, and perseverance in the face of challenge.

## Wider Links

To further develop the children's footwork and one leg balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop footwork and one leg balance skills.
- **real gym** - Foundation Stage, Unit 1 (shape and travel).
- **BURSTS** (home learning) - one leg balance (**Pirate Ventures**) and footwork (**Bike Quests**) are included on the BURSTS app.