

Purpose

Develop fundamental movement skills to support balance, coordination and control, including dynamic balance and good stance. Develop the ability to control balance whilst in the 'ready position' to prepare for controlled and balanced movement in all directions.

Develop essential cognitive skills to recognise and articulate things they are good at. Begin to follow simple rules and understand simple instructions.

Learning Goals



Follow Rules

Expected

- I can follow simple instructions.

Exceeding

- I can understand and follow simple rules.
- I can name some things I am good at.

Dynamic Balance

Dynamic Balance

Static Balance

Stance

Train

Tightrope

In this unit, the children will develop and apply their dynamic balance on a line and stance through focused thematic stories, songs and games.



Emerging

I can explore **dynamic balance on a line** and **stance** movements



Expected

I can complete **some** Yellow challenges



Exceeding

I can complete **all** Yellow challenges

Cognitive Skills



Developing my cognitive skills and knowledge so...

What

I can follow simple instructions.

I can understand and follow simple rules.

I can name some things I am good at.

How

Listen carefully.

Follow the rules for each activity.

Think about what you have improved at since the start of term.

Skills and Knowledge - FMS

Dynamic Balance Dynamic Balance

Skill Challenges

Maintaining balance on a line:

1. I can walk forwards with fluidity and minimum wobble.
2. I can walk backwards with fluidity and minimum wobble.

Developing my dynamic balance on a line skills and knowledge so...

What

I can move smoothly and with minimum wobble.

I can maintain balance on the line with head up.

I can move with opposite arm and leg moving forwards.

How

Keep my head up and still.

Keep my back straight and tummy tight.

Swing my arms to help move and balance.

Static Balance Stance

Skill Challenges

Maintaining balance:

1. I can stand on a line with a good stance for 10 seconds.
2. I can stand on a line with heels up and with a good stance for 10 seconds.

Developing my stance skills and knowledge so...

What

I can balance with both feet facing forwards.

I can balance with feet still.

I can balance with minimum wobble (control).

How

Keep my feet a shoulder width apart.

Bend my knees.

Keep my back straight and head up.

Key Vocabulary

follow, rules, line, forwards, stance, still

Curriculum Links

Early Learning Goals

Pupils should...

Negotiate space and obstacles safely.

Demonstrate balance.

Explain the reason for rules and try to behave accordingly.

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

Express their ideas and feelings about their experiences.

Wider Links

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

- **real PE daily** - short, daily activity ideas to further develop dynamic balance and stance skills.
- **real gym** - Foundation Stage, Unit 1 (travel).