

Purpose

Develop fundamental movement skills to support balance with a partner, and coordination and control with a ball. Develop the ability to control counterbalance and control a ball to prepare for activities and games using equipment.

Develop essential creative skills to be confident to watch others' movements and try to copy them whilst also exploring different movements independently.

Learning Goals



Observe and Copy

Expected

- I can observe and copy others.

Exceeding

- I can explore different movements.
- I can explore and describe different movements.

Coordination

Ball Skills




Counter Balance

Counter Balance

Clown

Seaside

In this unit, the children will develop and apply their ball skills and counter balance with a partner through focused thematic stories, songs and games.

-  **Emerging**
I can explore **ball** and **counter balance with a partner** movements
-  **Expected**
I can complete **some** Yellow challenges
-  **Exceeding**
I can complete **all** Yellow challenges

Creative Skills



Developing my creative skills and knowledge so...

What

I can observe and copy others.

I can explore different movements.

I can explore and describe different movements.

How

Watch carefully when others demonstrate.

Watch and listen carefully when others demonstrate.

Try different ways to find what feels right.

Think about how the movement feels when describing it.

Think about what your body is doing when describing your movements.

Skills and Knowledge - FMS

Coordination Ball Skills

Skill Challenges

Maintaining control:

1. I can sit and roll a ball along the floor around my body using 2 hands.
2. I can sit and roll a ball along the floor around my body using 1 hand (right and left).
3. I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.
4. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.

Developing my ball skills and knowledge so...

What

I can maintain control of the ball.

I can move the ball in both directions.

I can move the ball smoothly and fluently.

How

Keep my tummy tight and weight through my bottom.

Use my fingers to move the ball.

Focus on moving the ball smoothly rather than on speed.

Counter Balance Counter Balance

Skill Challenges

With a partner, maintaining balance:

1. I can sit holding hands with toes touching, lean in together then apart.
2. I can sit holding 1 hand with toes touching, lean in together then apart.
3. I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.

Developing my counter balance with a partner skills and knowledge so...

What

I can maintain balance throughout.

I can move smoothly and with control.

I can coordinate movements with my partner.

How

Keep my tummy tight.

Keep my back straight and head up.

Hold on to my partner's forearms and communicate with them.

Key Vocabulary

copy, explore, sit, along, rock, lean in

Curriculum Links

Early Learning Goals

Pupils should...

Negotiate space and obstacles safely.

Demonstrate strength, balance and coordination.

Wider Links

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

- **real PE daily** - short, daily activity ideas to further develop ball skills and counter balance skills.
- **BURSTS** (home learning) - ball skills (**Clown Capers**) is included on the BURSTS app.