

Purpose

Develop fundamental movement skills to support a good starting position and coordination and control with a ball. Develop control with a ball to prepare for activities and games using equipment.

Develop essential physical skills to be confident moving in different ways. Begin to develop control over single skills or movements.

Learning Goals



Move in Different Ways

Expected

- I can move confidently in different ways.

Exceeding

- I can perform a single skill or movement with some control.
- I can perform a small range of skills and link two movements together.

Coordination

Sending and Receiving




Agility

Reaction / Response

Juggling

Fairytale

In this unit, the children will develop and apply their sending and receiving and reaction and response through focused thematic stories, songs and games.

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Emerging
 I can explore **sending and receiving** and **reaction and response** movements
- 
Expected
 I can complete **some** Yellow challenges
- 
Exceeding
 I can complete **all** Yellow challenges

Physical Skills



Developing my physical skills and knowledge so...

What

How

I can move confidently in different ways.

Use footwork to move in line with the ball when receiving.
Maintain a good 'ready position'.

I can perform a single skill or movement with some control.

Focus on accuracy and weight when sending.
Lean forward to help move quickly.

I can perform a small range of skills and link two movements together.

Move feet, rather than stretch, to get to the ball.

Skills and Knowledge - FMS

Coordination Sending and Receiving

Skill Challenges

With right and left hand against a wall or with a partner (3 to 5 metre distance):

1. I can roll a large ball and collect the rebound.
2. I can roll a small ball and collect the rebound.
3. I can throw a large ball and catch the rebound with 2 hands.

Developing my sending and receiving skills and knowledge so...

What

I can send with good accuracy and weight.

I can get in a good position to receive.

I can collect the ball safely.

How

Use backswing and follow through when sending.

Adopt a good 'ready position' (weight on balls of feet, wide base).

Keep my eyes focused on the ball.

Agility Reaction / Response

Skill Challenges

From a distance of 1, 2 and 3 metres:

1. I can react and catch a large ball dropped from shoulder height after 2 bounces.
2. I can react and catch a large ball dropped from shoulder height after 1 bounce.

Developing my reaction and response skills and knowledge so...

What

I can react and move quickly.

I can catch the ball consistently.

I can slow down with control after catching.

How

Push off hard with my feet.

Keep my head steady and watch the ball.

Move my feet to get to the ball (rather than stretching).

Key Vocabulary

confidently, travel, receive, roll, throw, react, quick

Curriculum Links

Early Learning Goals

Pupils should...

Negotiate space and obstacles safely.

Demonstrate strength, balance and coordination.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Wider Links

To further develop the children's sending and receiving and reaction/response skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop sending and receiving and reaction/response skills.
- **BURSTS** (home learning) - sending and receiving (**Juggling Journeys**) is included on the BURSTS app.