

### Purpose

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

Develop essential health and fitness understanding to be aware of changes to the way they feel during and after exercise.

### Learning Goals



### Exercise and Good Health

#### Expected




- I am aware of the changes to the way I feel when I exercise.

#### Exceeding

- I am aware of why exercise is important for good health.

<b>Agility</b>	<b>Static Balance</b>	Squirrel	Cat
Ball Chasing	Floor Work		

In this unit, the children will develop and apply their ball chasing and floor work balance through focused thematic stories, songs and games.

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**Emerging**  
 I can explore **ball chasing** and **floor work balance** movements
- 
**Expected**  
 I can complete **some** Yellow challenges
- 
**Exceeding**  
 I can complete **all** Yellow challenges

### Skills and Knowledge - Learning Behaviour

## Health and Fitness Skills



### Developing my health and fitness skills and knowledge so...

#### What

I am aware of the changes to the way I feel when I exercise.

I am aware of why exercise is important for good health.

#### How

Changes to the body after exercise include increased heart rate.

Changes to the body after exercise can include our muscles feeling tired.

Exercise, among other things, strengthens our heart.

Developing stronger muscles helps us in everyday life, for example, climbing the stairs or pulling/lifting ourselves up.

## Skills and Knowledge - FMS

### Agility Ball Chasing

#### Skill Challenges

Over a distance of up to 10 metres and turning both ways:

1. I can roll a ball, chase and collect it in a balanced position facing the opposite direction.
2. I can chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction.

### Developing my ball chasing skills and knowledge so...

#### What

I can start and stop quickly.

I can arrive in the correct position to collect the ball (timing).

I can collect the ball with balance/control.

#### How

Take up a good ready position and push off hard.

Try rolling the ball at different speeds to get the right challenge.

Keep my head steady and watch the ball.

## Static Balance Floor Work

### Skill Challenges

Maintaining balance:

1. I can hold a mini-front support position.
2. I can reach round and point to the ceiling with either hand in a mini-front support.

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### Developing my floor work balance skills and knowledge so...

#### What

I can maintain balance throughout.

I can balance and hold the correct position.

I can balance with control when changing balance/position.

#### How

Keep my hands in line with my shoulders.

Keep my knees in line with my hips.

Keep my back straight and tummy tight.

### Key Vocabulary

aware, exercise, chase, collect, hold, reach, straight

## 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.

Show an understanding of their feelings.

## Wider Links

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

- **real PE daily** - short, daily activity ideas to further develop ball chasing and floor work balance skills.
- **real gym** - Foundation Stage, Unit 1 (shape).
- **BURSTS** (home learning) - floor work balance (**Cat Escapades**) is included on the BURSTS app.