

## 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



### Stay on Task

#### Emerging

- I enjoy working on simple tasks with help.

#### Expected

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

#### Exceeding

#### 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 skill development sessions, thematic stories and games.



#### Emerging

I can complete **some** Yellow challenges



#### Expected

I can complete **all** Yellow challenges



#### Exceeding

I can complete **some** Green challenges

## Skills and Knowledge - Learning Behaviour

### Personal Skills



Developing my personal skills and knowledge so...

#### What

#### How

I enjoy working on simple tasks with help.

Keep my head up and stay within marked areas.  
Listen carefully to instructions.  
Find a safe space I can work in.

I can follow instructions and practise safely.

Listen carefully to instructions.  
Keep my head up and stay within marked areas.

I can work on simple tasks by myself.

Think about who I can ask for help.

I try several times if at first I don't succeed and I ask for help when appropriate.

Think about who I can ask for help.  
Keep going 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

instructions, practise, fluency, half turn, combine, pivot, front, reverse, challenging, core muscles, tight, squat

### Curriculum Links

Pupils should....

Master basic movements including running, as well as develop balance, agility and coordination, and begin to apply these in a range of activities.

Engage in activities in a range of increasingly challenging situations.

## 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** - Year 1, Unit 1 (shape and travel).
- **BURSTS** (home learning) - one leg balance (**Pirate Ventures**) and footwork (**Bike Quests**) are included on the BURSTS app.