

Purpose

Develop fundamental movement skills to support balance, coordination and control, including core stability, jumping and landing as well as other foundation movement patterns. Develop the ability to control take-off, flight and landing and maintain control of core muscles in a range of situations.

Develop essential social skills including learning to take turns and begin to make sensible decisions about sharing space and equipment. Understand how these relate to their ability to work well with others.

Learning Goals



Understand Others

Emerging

- I can play with others and take turns and share with help.

Expected

- I can work sensibly with others, taking turns and sharing.

Exceeding

- I can help, praise and encourage others.

Dynamic Balance to
Agility
umping and Landing

Static Balance
Seated Balance

Space

Jungle

In this unit, the children will develop and apply their jumping and landing and seated 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

Social Skills



Developing my social skills and knowledge so...

What

I can play with others and take turns and share with help.

I can work sensibly with others, taking turns and sharing.

I can help, praise and encourage others.

How

Take turns with others.

Take turns, share space and equipment.

Share space and equipment.

Use positive words when others do well.

Use positive gestures or words to praise and keep others going.

Use positive words to praise.

Use positive gestures/words to keep others going.

Support others when they need help.

Skills and Knowledge - FMS

Dynamic Balance to Agility Jumping and Landing

Skill Challenges

Maintaining balance:

1. I can jump from 2 feet to 2 feet forwards and backwards.
2. I can jump from 2 feet to 2 feet side to side.
3. I can jump from 2 feet to 2 feet forwards, backwards then side to side.

Developing my jumping and landing skills and knowledge so...

What

I can achieve good take off and height.

I can land with balance and control.

I can land softly and quietly.

How

Keep my feet a shoulder width apart.

Keep my head up as I land.

Bend my knees on take-off and on landing.

Static Balance Seated Balance

Skill Challenges

In a seated position for 10 seconds:

1. I can balance with both hands and feet touching the floor.
2. I can balance with 1 hand and 2 feet touching the floor.
3. I can balance with 2 hands and 1 foot touching the floor.
4. I can balance with 1 hand and 1 foot touching the floor.
5. I can balance with 1 hand or 1 foot touching the floor.
6. I can balance with no hands or feet touching the floor.

Developing my seated balance skills and knowledge so...

What

I can balance with hands/feet up for 10 seconds.

I can balance with minimum wobble (control).

I can maintain balance without strain.

How

Keep my head up and still.

Keep my tummy tight.

Keep my back straight.

Key Vocabulary

sensibly, take turns, landing, swing, freeze, quarter, position, swap, cone, return

Curriculum Links

Pupils should....

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

Engage in cooperative physical activities.

Wider Links

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

- **real PE daily** - short, daily activity ideas to further develop jumping and landing and seated balance skills.
- **real gym** - Year 1, Unit 2 (flight).
- **BURSTS** (home learning) - jumping and landing (**Space Missions**) and seated balance (**Jungle Expeditions**) are included on the BURSTS app.