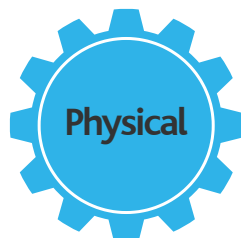


Purpose

Develop fundamental movement skills to be able to react and move quickly and develop control with a ball, including catching, to prepare for activities and games using equipment.

Develop essential physical skills to be confident moving in different ways, and develop control over single skills or movements. Broaden the range of skills learnt and link two or more movements together with some control and consistency.

Learning Goals



Control Movement

Emerging

- I can move confidently in different ways.

Expected

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

Exceeding

- I can perform a range of skills with some control and consistency.

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 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

- I can perform a sequence of movements with some changes in level,

Skills and Knowledge - Learning Behaviour

Physical Skills



Developing my physical skills and knowledge so...

What

How

I can move confidently in different ways.

Extend front leg when rolling to help balance and aim.
 Adopt good 'ready position'.
 Use backswing and follow through.
 Maintain a good 'ready position'.

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

Keep eyes focused on ball.
 Use footwork to move in line with the ball when receiving.

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

Lean forward to help move quickly.

I can perform a range of skills with some control and consistency.

When rolling/receiving, bend knees to get low to the ground.
 Focus on accuracy and weight when sending.
 Use 'soft hands' when receiving/catching.

I can perform a sequence of movements with some changes in level, direction or speed.

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

single, range, backswing, ready position, follow through, steady, dropped

Curriculum Links

Pupils should...

Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities, individually and with others.

Engage in activities in a range of increasingly challenging situations.

Engage in competitive (both against self and against others) and cooperative physical activities.

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.