

### Purpose

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

Develop essential health and fitness understanding of changes to the way they feel during and after exercise, and of why exercise is good for them.

### Learning Goals



### Exercise and the Body

#### Emerging

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

#### Expected

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

#### Exceeding

- I can say how my body feels before, during and after exercise.
- I use equipment appropriately and move and land safely.

#### Agility

Ball Chasing

#### Static Balance

Floor Work

Squirrel

Cat

In this unit, the children will develop and apply their ball chasing and floor work 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

## 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.

#### How

Changes to the body during exercise include increased heart rate and increase breathing rate.

Exercise strengthens our heart, lungs, bones and muscles and can also have a positive effect on our mood and how we feel.

A healthy body helps prevent lots of illnesses and problems as we get older.

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

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

Exercise strengthens our heart, lungs, bones and muscles.

Changes to the body during and after exercise involve the heart, lungs (breathing), body temperature (sweating), tiredness/fatigue (muscles).

I can say how my body feels before, during and after exercise.

Exercise can have a positive effect on our mood and how we feel.

Moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints.

I use equipment appropriately and move and land safely.

Moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints.

Learning how to move and use our body correctly helps prevent us getting injured, for example bending our knees (or elbows in front support) when we land.

### 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.

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### 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

changes, health, balanced, quickly, in line, shoulders, hips

### Curriculum Links

Pupils should...

Develop 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 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** - Year 1, Unit 1 (shape).
- **BURSTS** (home learning) - floor work balance (**Cat Escapades**) is included on the BURSTS app.