

Purpose

Develop fundamental movement skills and apply them, for example, to support weight transfer to avoid or outwit an opponent. Develop the coordination, control and strength for key skills, including kicking, and jumping and landing.

Develop personal skills to recognise that success is often preceded by several failures and it is the response to these failures that is important. Recognise that seeking help from others at the right time is a positive response to challenge.

Learning Goals



Keep Trying

Emerging

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

Expected

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

Exceeding

- I know where I am with my learning.

Coordination

Footwork

Static Balance

One Leg Balance

In this unit, the children will develop and apply their footwork and one leg balance through focused skill development sessions, cooperative and competitive games.



Emerging

I can complete **some** Green challenges



Expected

I can complete **all** Green challenges



Exceeding

I can complete **some** Red challenges

- I have begun to challenge myself.

Skills and Knowledge - Learning Behaviour

Personal Skills



Developing my personal skills and knowledge so...

What

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

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

I know where I am with my learning.

I have begun to challenge myself.

How

Listen carefully to instructions.
Keep my head up and stay within marked areas.
Listen carefully to instructions and keep my head up.
Think about whom, within the group, I can ask for help.
Find a safe space I can work in.

Keep my head up and stay within marked areas.
Think about who I can ask for help.
Keep going when things are hard.
Think about whom, within the group, I can ask for help.
Only move on when I can do things consistently.

Keep going when things are hard.
Only move on when I can do things consistently.

Only move on when I can do things consistently.
Try to view things I can't do as an opportunity to learn and improve.
Keep going when things are hard.

Skills and Knowledge - FMS

Coordination Footwork

Skill Challenges

With fluency and control:

1. I can combine side-steps with 180° front pivots off either foot.
2. I can combine side-steps with 180° reverse pivots off either foot.
3. I can skip with knee and opposite elbow both at 90° angle.
4. I can hopscotch forwards and backwards, hopping on the same leg (right and left).

Developing my footwork skills and knowledge so...

What

I can move with balance and control throughout.

I can move with fluent, smooth movements.

I can move well in both directions/on both sides.

How

Keep my head up and back straight.

Work off the balls of my feet.

Bend my knees to push off and land.

Static Balance One Leg Balance

Skill Challenges

Maintaining balance:

1. I can stand still for 30 seconds on my right leg.
2. I can stand still for 30 seconds on my left leg.
3. I can complete 5 mini-squats on my right leg.
4. I can complete 5 mini-squats on my left leg.

Developing my one leg balance skills and knowledge so...

What

I can balance with minimum wobble (control).

I can balance with standing foot still.

I can balance with non-standing foot off the floor.

How

Keep my head up and still.

Keep my tummy (core muscles) tight and back straight.

Use my arms to help balance.

Key Vocabulary

several, appropriate, opposite, hopscotch, angle, smooth, dominant, non-standing

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 competitive and cooperative physical activities.

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