

Purpose

Develop fundamental movement skills and apply them, for example, to support jumping from and landing on either and both feet and in different directions, both statically and on the move. Develop the coordination, control and strength for key skills using core muscles.

Develop social skills to understand what help they can give to others, including what to praise and when to give it. Recognise when others need them to be patient, or offer support to help everyone be successful and happy in their learning.

Learning Goals



Help and Encourage

Emerging

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

Expected

- I can help, praise and encourage others in their learning.

Exceeding

- I show patience and support others.
- I am happy to show and tell others about my ideas.

Dynamic Balance to Agility

Jumping and Landing

Static Balance

Seated Balance

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

Skills and Knowledge - Learning Behaviour

Social Skills



Developing my social skills and knowledge so...

What

How

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

Take turns, share space and equipment.
Make eye contact when communicating.
Smile and make eye contact.

I can help, praise and encourage others in their learning.

Use positive words when others do well.
Use positive gestures/words to keep others going.
Use positive gestures or words to praise and keep others going.

I show patience and support others.

Use positive gestures/words to keep others going.

I am happy to show and tell others about my ideas.

Listen to and support others when they need help.
Set an example by being patient and positive if someone is struggling.

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 with a quarter turn in both directions.
2. I can stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

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

Bend my knees on take-off.

Swing my arms to help gain height and use them to help balance on landing.

Try to land softly so there is no noise by bending my knees as I land.

Static Balance Seated Balance

Skill Challenges

In a seated position with no hands or feet touching the floor:

1. I can pick up a cone from one side, swap hands and place it on the other side.
2. I can return the cone to the opposite side.

Developing my seated balance skills and knowledge so...

What

I can balance with feet and hands off the floor throughout.

I can balance with minimum wobble.

I can maintain balance without strain.

How

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

Keep my weight going through my bottom.

Keep my head up and breathe throughout.

Key Vocabulary

praise, encourage, height, dynamic, tucked, shape, dish, hold

Curriculum Links

Pupils should...

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

Engage in cooperative physical activities in a range of increasingly challenging situations.

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 2, Unit 1 (balance) and Year 2, Unit 2 (flight).
- **BURSTS** (home learning) - jumping and landing (**Space Missions**) and seated balance (**Jungle Expeditions**) are included on the BURSTS app.