

Purpose

Develop fundamental movement skills to support balance with a partner, and coordination and control with a ball. Develop the ability to control counterbalance and control a ball to prepare for activities and games using equipment and where keeping possession is an important factor in success.

Develop essential creative skills to be confident to explore different movements and describe them. Select and link movements together and begin to compare movements with those of others.

Learning Goals



Link Movements

Emerging

- I can explore and describe different movements.

Expected

- I can begin to compare my movements and skills with those of others.
- I can select and link movements together to fit a theme.

Exceeding

- I can respond differently to a variety of tasks or music.

Coordination

Ball Skills

Counter Balance

Counter Balance

In this unit, the children will develop and apply their ball skills and counter balance with a partner 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

Creative Skills



Developing my creative skills and knowledge so...

What

How

I can explore and describe different movements.

Try lots of different movements and think about how you are using your body and the equipment.
Think about what your body is doing when describing your movements.
Try to link movements smoothly and with control.

I can begin to compare my movements and skills with those of others.

Think about different parts of the body and how they move when comparing movements and skills.

I can select and link movements together to fit a theme.

Try lots of different movements and think about how you are using your body and the equipment.

I can respond differently to a variety of tasks or music.

Change or adapt your movements according to the task.
Change or adapt your movements according to the task, situation or stimulus.
Think of how you can work with your partner to create new ideas.

I can make up my own rules and versions of activities.

Try to come up with ideas to make activities more fun, challenging or different.
Use others' ideas as a starting point and then make your own adjustments.
Try changing your performance in lots of different ways to find a range of versions you like.

Skills and Knowledge - FMS

Coordination Ball Skills

Skill Challenges

With both right and left hand, maintaining control:

1. I can sit and roll a ball up and down my legs and round my upper body using 1 hand.
2. I can stand and roll a ball up and down my legs and round my upper body using 1 hand.

Developing my ball skills and knowledge so...

What

I can maintain control of the ball.

I can move the ball in both directions.

I can move the ball smoothly and fluently.

How

Focus on maintaining good balance throughout.

Move the ball with my fingertips.

Perform the movements smoothly and then gradually increase your speed.

Counter Balance Counter Balance

Skill Challenges

With a partner, maintaining balance:

1. I can hold on and, with a long base, lean back, hold our balance and move back together again.
2. I can hold on with 1 hand and, with a long base, lean back, hold our balance and move back together again.

Developing my counter balance with a partner skills and knowledge so...

What

I can maintain balance throughout.

I can move smoothly and with control.

I can coordinate movements with my partner.

How

Keep my tummy (core muscles) tight and body straight throughout.

Hold with straight arms when leaning back.

Hold on to my partner's forearms and communicate with them.

Key Vocabulary

compare, select, link, gradually, increase, partner, long base

Curriculum Links

Pupils should....

Extend balance, agility and coordination and begin to apply these in a range of activities, individually and with others.

Engage in competitive and cooperative physical activities.

Wider Links

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

- **real PE daily** - short, daily activity ideas to further develop ball skills and counter balance skills.
- **BURSTS** (home learning) - ball skills (**Clown Capers**) is included on the BURSTS app.