

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 before, during and after exercise, of why exercise is good for them, and begin to describe how and why these changes happen.

Learning Goals



Practise Safely

Emerging

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

Expected

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

Exceeding

- I can describe how and why my body changes during and after exercise.

Agility

Ball Chasing

Static Balance

Floor Work

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

Health and Fitness Skills



Developing my health and fitness skills and knowledge so...

What

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

How

Exercise strengthens our heart and lungs which is good for our health.
Exercise helps us develop stronger bones and muscles which is good for our health.
Exercise can have a positive effect on our mood and how we feel.
Research shows that physical activity can boost self-esteem, sleep quality and energy.
Exercise can help prevent things like stress and depression and lots of common diseases.

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

Changes to the body during and after exercise include increased body temperature which causes us to sweat.
Changes to the body during and after exercise include increased heart rate - it beats faster as we work harder.
Changes to the body during and after exercise include increased breathing rate, as we breathe faster the harder we exercise.

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.
Developing Fundamental Movement Skills will help support us to move and land safely.
Developing good technique, posture and using the appropriate equipment safely can help us stay healthy.

I can describe how and why my body changes during and after exercise.

Changes to the body during and after exercise include changes to our heart rate, which beats faster the harder we work.
During exercise our body temperature rises, resulting in sweating, which helps to regulate our body temperature.

During and after exercise our heart rate increases, as our heart works harder to pump blood (and the oxygen in it) to our muscles.

During exercise our body temperature rises, resulting in sweating, which helps us to keep cool.

During and after exercising our heart rate increases, as our heart works harder to pump blood (and the oxygen in it) to our muscles.

Skills and Knowledge - FMS

Agility Ball Chasing

Skill Challenges

Over a distance of up to 10 metres and turning both ways:

1. Starting in a seated/lying position, I can throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
2. Starting in a seated/lying position, I can chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.

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

Start quickly and accelerate by pushing off hard with my feet.

Keep watching the ball and concentrate on timing so I arrive at the right time.

Focus on getting in a balanced position with weight forward when collecting the ball.

Static Balance Floor Work

Skill Challenges

Maintaining balance:

1. I can place a cone on my back and take it off with the other hand in a mini-front support.
2. I can hold a mini-back support position.
3. I can place a cone on my tummy and take it off with the other hand in a mini-back support.

Developing my floor work balance skills and knowledge so...

What

I can maintain balance throughout.

I can balance and hold the correct position, for example, back straight.

I can balance with control when changing balance/position.

How

Keep my hands in line with my shoulders and knees in line with my hips (mini-front support).

Keep my hands in line with my shoulders and feet in line with my knees (mini-back support).

Point my fingers towards my feet in the mini-back support.

Key Vocabulary

equipment, appropriately, safely, driving arms, concentrate, object, under, upwards

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