

Purpose

Develop fundamental movement skills and apply them to help develop the skills required in a range of games and activities, for example, the ability to balance, pivot and move transfers to a range of activities and sports, including basketball, netball, football, hockey and tennis.

Develop personal skills to recognise where they are in their learning and know not to move on until they have secured their learning. Recognise that, in order to improve, the ability to challenge themselves is essential.

Learning Goals



Know Where I am in my Learning

Emerging

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

Expected

- I know where I am with my learning.
- I have begun to challenge myself.

Exceeding

- I cope well and react positively when things become difficult.

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, healthy competition, cooperative games and Personal Best challenges.



Emerging

I can complete **all** Green challenges



Expected

I can complete **some** Red challenges



Exceeding

I can complete **all** Red challenges

- I can persevere with a task and improve my performance through regular practice.

Skills and Knowledge - Learning Behaviour

Personal Skills



Developing my personal skills and knowledge so...

What

How

I try several times if at first I don't succeed.

Think about whom, within the group, I can ask for help.
Keep going when things are hard.

I ask for help when appropriate.

Keep my head up and stay within marked areas.
Think about whom, within the group, I can ask for help.

I know where I am with my learning.

Only move on when I can do things consistently.

I have begun to challenge myself.

Keep going when things are hard.
Try to view things I can't do as an opportunity to improve.

I cope well and react positively when things become difficult.

Try to view things I can't do as an opportunity to learn and improve.
Find a challenge I can't quite do and then see if I can do it.
Think about what I can improve when I find things hard.

I can persevere with a task and improve my performance through regular practice.

Only move on when I can do things consistently.
Think about what I can improve when I find things 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

learning, succeed, alternating, fluent, focus, point, imagine

Curriculum Links

Pupils should....

Use running and jumping in isolation and in combination and develop control, balance and technique.

Enjoy communicating, collaborating and competing with each other.

Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Wider Links

Use the Personal Best sheet for children to record their scores (**click link at the bottom**).

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 3, Unit 1 (travel) and Year 3, Unit 2 (balance).