

Purpose

Develop fundamental movement skills and apply them to help develop the skills required in a range of games and activities. For instance, preparing for each shot in tennis in a balanced ready position, or staying balanced and in control of the ball while being tackled in football ensures more successful outcomes.

Develop cognitive skills to identify general strengths and areas for improvement in performance and be able to articulate these to others. Begin to identify specific areas of performance to work on to achieve greater success.

Learning Goals



Recognise Success

Emerging

- I can begin to order instructions, movements and skills.
- With help, I can recognise similarities and differences in performance.

Expected

- I can explain what I am doing well.
- I have begun to identify areas for improvement.

Exceeding

Dynamic Balance

Dynamic Balance

Coordination

Ball Skills

In this unit, the children will develop and apply their dynamic balance on a line and ball skills 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 understand ways (criteria) to judge performance.
- I can identify specific parts of performance to work on.

Skills and Knowledge - Learning Behaviour

Cognitive Skills



Developing my cognitive skills and knowledge so...

What

How

I can begin to order instructions, movements and skills.

Start with simple movements and gradually add more difficult ones.
Look at different parts of the body to help recognise similarities and differences.

With help, I can recognise similarities and differences in performance.

Look at different parts of the body to help recognise similarities and differences.
Try to be specific about what others are doing well.

I can explain what I am doing well.

Look at different parts of the body to help recognise similarities and differences.
Think of non-physical and physical skills in terms of what you are doing well.

I have begun to identify areas for improvement.

Think of non-physical and physical skills in terms of what you are doing well.
Use your own and others' feedback to help you identify areas for improvement.

I can understand ways (criteria) to judge performance.

Think of non-physical and physical skills in terms of what you are doing well.
Have a clear idea and agree what successful performance looks like.

I can identify specific parts of performance to work on.

Have a clear idea and agree what successful performance looks like.
Think about different parts of your body and identify which areas you need to work on.

Dynamic Balance Dynamic Balance

Skill Challenges

Maintaining balance on a line:

1. I can walk fluidly, lifting knees up to 90°.
2. I can walk fluidly, lifting heels up to bottom.

Developing my dynamic balance on a line skills and knowledge so...

What

I can move smoothly and with minimum wobble.

I can maintain balance on the line with head up.

I can coordinate to move with opposite arm and leg moving forwards.

How

Use my arms to help move and balance (opposite arm and leg).

Keep my back straight, head still and look forward.

Move off the balls of my feet.

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.

Key Vocabulary

explain, indentify, action, hips to lips, identify, avoiding, fingertips, gradually

Curriculum Links

Pupils should....

Develop and apply control and balance in different ways.

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 dynamic balance and ball skills, use the following ([click the links at the bottom to explore](#)):

- **real PE daily** - short, daily activity ideas to further develop dynamic balance and ball skills.
- **real gym** - Year 3, Unit 1 (travel and hand apparatus).