

## Purpose

Develop fundamental movement skills and apply them to help develop counterbalance and the ball skills required in a range of games and activities. For instance, remaining balanced is important when striking a cricket or golf ball, riding a bike or making appropriate passes in ball games such as netball and basketball.

Develop creative skills to begin to respond differently to a variety of tasks. Apply creative skills by making up their own versions of activities and the different rules to go with them to make the activities more fun or more challenging.

## Learning Goals



### Respond Differently

#### Emerging

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

#### Expected

- I can make up my own rules and versions of activities.
- I can respond differently to a variety of tasks.

#### Exceeding

#### Coordination

Sending and Receiving

#### Counter Balance

Counter Balance

In this unit, the children will develop and apply their sending and receiving and counter balance with a partner 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 change tactics, rules or tasks to make activities more fun or more challenging.
- I can link actions and develop sequences of movements that express my own ideas.

## Skills and Knowledge - Learning Behaviour

## Creative Skills



### Developing my creative skills and knowledge so...

#### What

#### How

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.

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

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

Use others' ideas as a starting point and then make your own adjustments.  
Think about movements and skills that fit together effectively.  
Change or adapt your movements according to the task, situation or stimulus.

I can respond differently to a variety of tasks.

Change or adapt your movements according to the task, situation or stimulus.  
Consider speed, tempo and body positioning when looking at similarities and differences.

I can change tactics, rules or tasks to make activities more fun or more challenging.

Explore combining movements and skills in different and unique ways.  
Try changing the activity in lots of different ways to find a version you really like.

I can link actions and develop sequences of movements that express my own ideas.

Explore combining movements and skills in different and unique ways  
Try to come up with ideas to make activities more fun, challenging or different.  
Explore combining movements and skills in different and unique ways.

## Coordination Sending and Receiving

### Skill Challenges

With right and left hand, against a wall or with a partner (3 - 5 metre distance):

1. I can throw a tennis ball and catch it with the same hand after 1 bounce (start catching with both hands first if required).
2. I can throw a tennis ball and catch it with the same hand without a bounce (start catching with both hands first if required).
3. I can throw a tennis ball and catch it with the other hand after 1 bounce.
4. I can throw a tennis ball and catch it with the other hand without a bounce.
5. I can strike a large, soft ball along the ground with my hand 5 times in a rally.

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### Developing my sending and receiving skills and knowledge so...

#### What

I can send with good accuracy and weight.

I can get in a good position to receive.

I can collect the ball safely.

#### How

Use backswing and follow through when sending.

Move my feet to get in line with the ball when receiving.

Try to have 'soft hands' when catching.

## 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.

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### 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

versions, respond, in line, rally, soft hands, short base, together

### Curriculum Links

Pupils should...

Use throwing and catching in isolation and in combination and develop and apply control and balance in different ways.

Learn how to use skills in different ways and to link them to make actions and sequences of movement.

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 sending and receiving 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 sending and receiving and counter balance skills.
- **real gym** - Year 3, Unit 1 (partner work).