

Purpose

Develop fundamental movement skills and apply them to help develop coordination and control with a ball, and balance skills that are required in a range of games and activities. It is important, for instance, to be able to react and move quickly to a loose ball in football and netball and remain balanced when contact occurs in rugby and basketball.

Develop essential health and fitness understanding to be able to describe how and why changes in their body happen during and after exercise, Explain why warming up and cooling down are important and for how long they need to exercise to be healthy.

Learning Goals



Know How and Why the Body Changes

Emerging

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

Expected

- I can describe how and why my body changes during and after exercise.
- I can explain why we need to warm-up and cool down.

Exceeding

Agility

Ball Chasing

Static Balance

Stance

In this unit, the children will develop and apply their ball chasing and stance 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 explain how often and how long I should exercise to be healthy.
- I can describe the basic fitness components.

Skills and Knowledge - Learning Behaviour

Health and Fitness Skills



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

What

I use equipment appropriately and move and land safely.

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

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

I can explain why we need to warm-up and cool down.

How

Moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints.

Learning how to move and use our body correctly helps prevent us getting injured, for example bending our knees when we land.

Changes to the body during and after exercise include increased breathing rate, as we breathe faster the harder we exercise.

Changes to the body as a result of exercise can include muscle fatigue or tiredness and even soreness.

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.

Changes to the body during and after exercise include increased body temperature which causes us to sweat.

During exercise our body temperature rises, resulting in sweating, which helps to regulate our body temperature.

Warming up helps prevent injuries by gradually raising our body temperature and gradually warming up our muscles.

Warming up also helps us to prepare mentally for the activity to follow, for example, by helping us focus.

When we exercise, our muscles demand more oxygen. Our body responds by increasing our breathing rate.

As blood flow to our muscles increases, they get warmer and contract, relax and stretch more easily.

I can explain how often and how long I should exercise to be healthy.

Basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility.

Children should engage in moderate to vigorous physical activity for at least 60 minutes every day (Department of Health).

Over-competing and inappropriate training, for example, too much too soon, can have a long-term negative impact on health and fitness.

I can describe the basic fitness components.

Basic fitness components include strength, stamina and flexibility.

Basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility.

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 Stance

Skill Challenges

Maintaining balance:

1. I can stand on a low beam with a good stance for 10 seconds.

Developing my stance skills and knowledge so...

What

I can balance with both feet facing forwards.

I can balance with feet still.

I can balance with minimum wobble (control).

How

Keep my feet a shoulder width apart and knees bent.

Keep my weight on the balls of my feet.

Keep my back straight and head up.

Key Vocabulary

warm up, cool down, timing, accelerate, raise, balls of feet, weight

Curriculum Links

Pupils should....

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 performances 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 ball chasing and stance 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 stance skills.