

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



Accept Challenge

Emerging

- I try several times if at first I don't succeed and 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 group Personal Best challenges.



Emerging

I can complete **some** Red challenges



Expected

I can complete **all** Red challenges



Exceeding

I can complete **some** Blue 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 and I ask for help when appropriate.

Keep going when things are hard.
Think about whom, within the group, I can ask for help.
Try to view things I can't do as an opportunity to improve.

I know where I am with my learning.

Only move on when I can do things consistently.

I have begun to challenge myself.

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 cope well and react positively when things become difficult.

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.

Think about what I can improve when I find things hard.
Use opportunities away from the lesson to keep practising.

Skills and Knowledge - FMS

Coordination Footwork

Skill Challenges

With fluency and control, starting slowly and then at maximum speed:

1. I can hopscotch forwards and backwards, alternating my hopping leg each time.
2. I can complete 3 step zigzag patterns forwards.
3. I can complete 3 step zigzag patterns backwards.

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 and use my arms to help balance.

Static Balance One Leg Balance

Skill Challenges

Maintaining balance and on both legs:

1. I can stand still for 30 seconds with eyes closed (aim for 10 seconds, then 20 seconds first if required).
2. I can complete 5 squats.
3. I can complete 5 ankle extensions.

Developing my one leg balance skills and knowledge so...

What

I can balance with minimum wobble (control).

I can balance and move with smooth, controlled movements.

I can balance with non-standing foot off the floor.

How

Look forward and imagine a focus point.

Keep my tummy (core muscles) tight and back straight.

Use my arms to help balance.

Key Vocabulary

react, challenge, pattern, speed, heel raises, feedback, improve

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 4, Unit 1 (balance) and Year 4, Unit 2 (travel).