

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 jump and land and have good core stability transfers to a range of activities and sports, including basketball, netball, cricket, rugby and athletics.

Develop social skills to be able to show respect by listening to others' ideas and be happy to share their own ideas. Begin to develop leadership skills to help organise roles and responsibilities in small teams and giving and receiving feedback.

Learning Goals



Support Others

Emerging

- I can help, praise and encourage others.

Expected

- I show patience and support others, listening carefully to them about our work.
- I am happy to show and tell others about my ideas.

Exceeding

- I cooperate well with others and give helpful feedback.

Dynamic Balance to Agility

Jumping and Landing

Static Balance

Seated Balance

In this unit, the children will develop and apply their jumping and landing and seated 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 guide a small group through a task.

Skills and Knowledge - Learning Behaviour

Social Skills



Developing my social skills and knowledge so...

What

How

I can help, praise and encourage others.

Use positive words when others do well.

Use positive gestures/words to keep others going.

Listen to and support others when they need help.

I show patience and support others, listening carefully to them about our work.

Listen to and support others when they need help.

Listen to others when they offer ideas.

I am happy to show and tell others about my ideas.

Listen to others when they offer ideas.

Share my ideas with my team.

I cooperate well with others and give helpful feedback.

Share my ideas with my team.

Give specific feedback on what others have done well.

I can guide a small group through a task.

Give specific feedback on what others have done well.

Take responsibility for making sure everyone is clear on what they are doing.

Skills and Knowledge - FMS

Dynamic Balance to Agility Jumping and Landing

Skill Challenges

Maintaining balance:

1. I can jump from 2 feet to 2 feet with 180° turn in either direction.
2. I can complete a tucked jump.
3. I can complete a tucked jump with 180° turn in either direction.

Developing my jumping and landing skills and knowledge so...

What

I can achieve good take off and height.

I can land with balance and control.

I can land softly and quietly.

How

Bend my knees and swing my arms on take-off.

Bend my knees and use my arms to help remain balanced on landing.

Keep my head up and back straight as I land.

Static Balance Seated Balance

Skill Challenges

In a seated position with no hands or feet touching the floor:

1. I can pick up a cone from one side and place it on the other side with the same hand.
2. I can return it to the opposite side using the other hand.
3. I can sit in a dish shape with straight arms and legs and hold it for 5 seconds.

Developing my seated balance skills and knowledge so...

What

I can balance with feet and hands off the floor throughout.

I can balance with minimum wobble.

I can maintain balance without strain.

How

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

Use my arms to help maintain balance.

Keep my head up and breathe throughout.

Key Vocabulary

carefully, cooperate, sideways, raising, maintain, throughout, strain

Curriculum Links

Pupils should....

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

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 jumping and landing and seated balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop jumping and landing and seated balance skills.
- **real gym** - Year 4, Unit 1 (balance) and Year 4, Unit 2 (flight).