

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



Recognise and Respond

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 recognise similarities and differences in movements and expression.

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 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

Exceeding

- I can link actions and develop sequences of movements that express my own ideas.
- I can change tactics, rules or tasks to make activities more fun or more challenging.

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.

Think about movements and skills that fit together effectively.

I can select and link movements together to fit a theme.

Think about movements and skills that fit together effectively.

Change or adapt your movements according to the task, situation or stimulus.

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

Try to come up with ideas to make activities more fun, challenging or different.

I can recognise similarities and differences in movements and expression.

Change or adapt your movements according to the task, situation or stimulus.

Consider speed, tempo and body positioning when looking at similarities and differences.

Explore combining movements and skills in different and unique ways.

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

Consider speed, tempo and body positioning when looking at similarities and differences.

Explore combining movements and skills in different and unique ways.

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.

Skills and Knowledge - FMS

Coordination Sending and Receiving

Skill Challenges

With both right and left hand/foot, against a wall or with a partner (at least 5 times in a row):

1. I can strike a ball with alternate hands in a rally.
2. I can kick a ball with the same foot.
3. I can kick a ball with alternate feet.
4. I can roll 2 balls alternately using both hands, sending 1 as the other is returning.

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 send and receive with fluency/rhythm throughout.

How

Use backswing and follow through when striking/kicking.

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

Keep my eyes focused on the ball throughout.

Counter Balance Counter Balance

Skill Challenges

With a partner, maintaining balance

1. I can hold and, with a short base, lean back, hold our balance and then move back together.
2. I can hold on with 1 hand and, with a short base, lean back, hold our balance and then move back together.
3. I can perform both short base challenges with eyes closed.

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

recognise, similarities, differences, alternately, focused, vary, communicate, counterbalance

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 4, Unit 1 (balance/partner work).