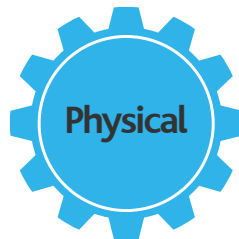


Purpose

Develop fundamental movement skills and apply them to help develop shoulder strength and reaction and response skills that are required in a range of games and activities. For instance, it is important to be able to react and move quickly to the ball in football and netball and to show strength in grip and throwing and catching in games such as cricket and rounders.

Develop confidence in performing a sequence of movements whilst exploring changes in level, direction and speed. Develop, perform and repeat longer sequences with controlled movement. Apply a range of skills with consistency.

Learning Goals



Select and Apply

Emerging

- I can perform a range of skills with some control and consistency.
- I can perform a sequence of movements with some changes in level, direction or speed.

Expected

- I can select and apply a range of skills with good control and consistency.

Agility

Reaction / Response

Static Balance

Floor Work

In this unit, the children will develop and apply their reaction and response and floor work 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 perform and repeat longer sequences with clear shapes and controlled movement.

Exceeding

- I can perform a variety of movements and skills with good body tension.

I can link actions together so that they flow.

Skills and Knowledge - Learning Behaviour

Physical Skills



Developing my physical skills and knowledge so...

What

I can perform a range of skills with some control and consistency.

I can perform a sequence of movements with some changes in level, direction or speed.

I can select and apply a range of skills with good control and consistency.

I can perform and repeat longer sequences with clear shapes and controlled movement.

I can perform a variety of movements and skills with good body tension.

I can link actions together so that they flow.

How

Maintain a good 'ready position' (bend knees and wide base).

Once I am secure in my movement, explore how to adapt it by changing level, direction or speed.

Move your feet quickly, rather than stretch, to get the ball.
Take your 'centre of gravity' forwards to help you move quickly.

Discuss what 'control' means and then practise, focusing on quality of movement.
Think about performing skills in both directions/on both sides of my body to show control and consistency.

Bend your knees to help slow down and stay balanced.
Re-establish balance as quickly as you can.
Move your feet quickly, rather than stretch, to get the ball.

Try to make one movement flow into the next.

Skills and Knowledge - FMS

Agility Reaction / Response

Skill Challenges

From a distance of 1, 2, and 3 metres:

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Developing my reaction and response skills and knowledge so...

What

I can react and move quickly.

I can catch the ball consistently.

I can slow down with control after catching.

How

Take up a ready position with my knees bent and feet apart (front to back).

Start quickly and accelerate by pushing off hard with my feet.

Bend the knee on my 'catching leg' and take my weight back to help me to stop quickly.

Static Balance Floor Work

Skill Challenges

Maintaining balance:

1. I can hold a full front support position.
2. I can lift 1 arm and point to the ceiling with either hand in a front support.
3. I can transfer a cone on and off my back in a front support.

Developing my floor work balance skills and knowledge so...

What

I can maintain balance throughout.

I can balance and hold the correct position, for example, back straight.

I can balance with control when changing balance/position.

How

Keep my hands in line with my shoulders.

Keep my back straight and flat.

Keep my legs straight and stretched out.

Key Vocabulary

perform, body tension, accelerate, feet apart, stretched out, front support

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 reaction/response and floor work balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop reaction/response and floor work balance skills.
- **real gym** - Year 4, Unit 1 (balance).