

Purpose

Develop fundamental movement skills and apply them to help develop the balance and stability skills required in a range of games and activities. For example, the ability to maintain control of the core when knocked, bumped or competing for the ball.

Also developing the shoulder strength and core to send and receive effectively in games and activities including basketball, netball, handball and hockey.

Develop creative skills to begin to express ideas in sequences of movement and linking actions. Respond imaginatively to different situations and develop activities by changing rules, tactics and strategies.

Learning Goals



Express Ideas

Emerging

- I can make up my own rules and versions of activities.
- I can recognise similarities and differences in movements and expression.

Expected

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

Static Balance

Seated Balance

Static Balance

Floor Work

In this unit, the children will develop and apply their seated balance and floor work balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.



Emerging

I can complete **all** Red challenges



Expected

I can complete **some** Blue challenges



Exceeding

I can complete **all** Blue challenges

- I can change tactics, rules or tasks to make activities more fun or more challenging.

Exceeding

- I can respond imaginatively to different situations.
- I can adapt and adjust my skills, movements or tactics so they are different to others.

Skills and Knowledge - Learning Behaviour

Creative Skills



Developing my creative skills and knowledge so...

What

How

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

Use others' ideas as a starting point and then make your own adjustments. Start with an idea and then see if you can make changes to make it more fun or more challenging.

I can recognise similarities and differences in movements and expression.

Use others' ideas as a starting point and then make your own adjustments.

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

Start with an idea and then see if you can make changes to make it more fun or more challenging. Try using different ways to send and receive the ball, e.g. different parts of the body.

I can change tactics, rules or tasks to make activities more fun or more challenging.

Start with an idea and then see if you can make changes to it to make it more fun or more challenging. Start with an idea and then see if you can make changes to make it more fun or more challenging. Observe others and then see if you can do something completely different.

I can respond imaginatively to different situations.

Observe others and then see if you can do something completely different. Think of different ways to disguise what you are about to do, for example, use of eyes.

I can adapt and adjust my skills, movements or tactics so they are different to others.

Observe others and then see if you can do something completely different. Think of different ways to disguise what you are about to do, for example, use of eyes.

Skills and Knowledge - FMS

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.

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

sequences, express, tactics, stability, repeatable, stretched, posture, aligned

Curriculum Links

Pupils should....

Enjoy communicating, collaborating and competing with each other and develop an understanding of how to improve in an activity.

Develop strength, control and balance, and technique.

Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Wider Links

To further develop the children's seated balance 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 seated balance and floor work balance skills.