

## Purpose

Develop fundamental movement skills and apply them to help develop the balance, and jumping and landing skills that are required in a range of games and activities. These are important, for example, to maintain balance when kicking a ball or taking off and landing a jump effectively in games and activities including athletics events, basketball, netball, football, and rugby.

Perform and repeat longer sequences with controlled movements. Apply a range of skills with consistency, linking actions together so that they flow. Use a combination of skills confidently in specific contexts.

## Learning Goals



### Combining Skills in Specific Contexts

#### Emerging

- I can perform and repeat sequences with clear shapes and controlled movement.
- I can select and apply a range of skills with good control and consistency.

#### Expected

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

#### Dynamic Balance to Agility

Jumping and Landing

#### Static Balance

One Leg Balance

In this unit, the children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional athletics and games 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 link actions together so that they flow.

### Exceeding

- I can use combinations of skills confidently in specific contexts.
- I can perform a range of skills fluently and accurately.

## Skills and Knowledge - Learning Behaviour

### Physical Skills



Developing my physical skills and knowledge so...

#### What

#### How

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

Focus on keeping in balance and controlling landings.  
Keep centre of gravity forward when combining jumps.

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

Focus on keeping in balance and controlling landings and shapes.

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

Keep centre of gravity forward when combining jumps.  
Keep head up and scan ahead when combining jumps.

I can link actions together so that they flow.

Try to make one movement flow into the next.

I can use combinations of skills confidently in specific contexts.

Keep head up and scan ahead when combining jumps.  
Try to combine and control jumps with throws to extend yourself.

I can perform a range of skills fluently and accurately.

Agree on what an accurate movement should look like and judge performance against this.

## 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.

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### 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 softy 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 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.

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### 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

flow, link actions, consistency, vigorous, base of support, stability

### 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 jumping and landing 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 seated balance and floor work balance skills.
- **real gym** - Year 5/6, Unit 2 (flight/large apparatus).