

Purpose

Develop and apply ball skills in modified games to improve throwing and catching skills combined with reaction and response skills to enable greater success when under pressure.

Prepare for traditional invasion games, particularly ball sports that involve creating and finding space and require keeping possession and responding to set play instructions. Learn about attacking and defending strategies to help make effective decisions.

Develop the personal skills to persevere and cope well when finding things challenging, and to embrace that both regular, focused practice and failure are key aspects of learning.

Learning Goals



Consistently Try to Improve

Emerging

- I know where I am with my learning and I have begun to challenge myself.

Expected

- I cope well and react positively when things become difficult.

Coordination

Ball Skills

Agility

Reaction / Response

In this unit, the children will develop and apply their ball skills and reaction and response through focused skill development sessions, modified/non-traditional games and sports and healthy competition.



Emerging

I can complete **some** Blue challenges



Expected

I can complete **all** Blue challenges



Exceeding

I can complete **some** Pink challenges

- I can persevere with a task and improve my performance through regular practice.

Exceeding

- I recognise my strengths and weaknesses and can set myself appropriate targets.

Skills and Knowledge - Learning Behaviour

Personal Skills



Developing my personal skills and knowledge so...

What

How

I know where I am with my learning and I have begun to challenge myself.

Try to view things I can't do as an opportunity to improve.
Demonstrate a desire to keep trying as a positive reaction to difficulty.
Maximise practice time to help me improve.
Continue to practise my skills away from the lesson.

I cope well and react positively when things become difficult.

Use my own and others' feedback to help recognise my strengths and weaknesses.
Talk through my strengths and weaknesses with others who can help me.
Set myself targets that are challenging but achievable through practice.

I can persevere with a task and improve my performance through regular practice.

Think about what I can improve when I find things hard.
Demonstrate a desire to keep trying as a positive reaction to difficulty.

I recognise my strengths and weaknesses and can set myself appropriate targets.

Use opportunities away from the lesson to keep practising.
Use my own and others' feedback to help recognise my strengths and weaknesses.

I can accept critical feedback and make changes.

Consider the transferable physical skills I can develop from new opportunities.
Deliberately seek critical feedback and review what changes I might make.
Prioritise changes that will have a long-term benefit.

Skills and Knowledge - FMS

Coordination Ball Skills

Skill Challenges

In less than 20 seconds and in both directions, maintaining control:

1. I can stand with my legs apart and move a ball in a figure of 8 around both legs 12 times.
2. I can move a ball around my waist into a figure of 8 around both legs 10 times.
3. I can move a ball around my waist and then around alternate legs 12 times.
4. I can stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions 24 times ('criss-cross'), initially with a bounce and then without a bounce.

Developing my ball skills and knowledge so...

What

How

I can move and work the ball in both directions.

Keep the ball moving and away from my body.

I can move the ball smoothly and fluently.

Keep my head up, looking forward.

I can maintain fluidity when changing hands.

Concentrate on performing movements smoothly to begin with and then gradually increase speed.

Agility Reaction / Response

Skill Challenges

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

1. I can react and step across my body, bring my hand across my body and catch a tennis ball after 1 bounce.

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

What

I can react quickly with good acceleration.

I can catch the ball consistently.

I can maintain balance and control after catching.

How

React and move early so it gives me time to get balanced.

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

Extend my front leg across my body and bend my knees to help me to stop quickly in a balanced position.

Key Vocabulary

performance, recognise, figure of 8, alternate, consistently, gradually, extend, react, acceleration

Curriculum Links

Pupils should....

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

Use throwing and catching in isolation and in combination.

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

Wider Links

To further develop the children's ball skills and reaction/response skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop ball skills and reaction/response skills.
- **real gym** - Year 5/6, Unit 1 (hand apparatus).