

Purpose

Develop fundamental movement skills and apply them to help develop the skills required in a range of games and activities. For example, the ability to maintain balance under pressure and use footwork patterns, such as pivot and zig zag, transfers to a range of activities and sports, including basketball, netball, football, hockey and tennis.

Develop cognitive skills to begin to recognise different criteria for judging their own and others' performance. Develop their understanding of tactics and strategies that will increase success for themselves and their team, including methods to outwit an opponent.

Learning Goals



Make Good Decisions

Emerging

- I can explain what I am doing well and I have begun to identify areas for improvement.
- I can understand the simple tactics of attacking and defending.

Expected

- I can use awareness of space/others to make good decisions.

Exceeding

Static Balance

Stance

Coordination

Footwork

In this unit, the children will develop and apply their stance and footwork 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 develop methods to outwit opponents.
- I can read and react to different game situations as they develop.

Skills and Knowledge - Learning Behaviour

Cognitive Skills



Developing my cognitive skills and knowledge so...

What

How

I can explain what I am doing well and I have begun to identify areas for improvement.

Have a clear idea and agree what successful performance looks like.
Try to view things you can't do as an opportunity to improve.

I can understand the simple tactics of attacking and defending.

Try different tactics and strategies to see what works.
Have a clear idea and agree what successful performance looks like.

I can use awareness of space/others to make good decisions.

Try to look around you and think ahead to see where the space is.
Refer to the success criteria as a starting point for judging performance.
Demonstrating a desire to keep trying is a positive reaction to difficulty.
Identify specific strengths and weaknesses within the opposition.
Try different tactics and strategies to see what works.

I can develop methods to outwit opponents.

Try different tactics and strategies to see what works.
Try to look around you and think ahead to see where the space is.
Use your own and others' feedback to help recognise your strengths and weaknesses.

I can read and react to different game situations as they develop.

Try to anticipate where the ball is going by 'reading' your opponents.
Identify specific strengths and weaknesses within the opposition.

Skills and Knowledge - FMS

Static Balance Stance

Skill Challenges

On a line and then a low beam, maintaining balance:

1. I can raise alternate knees to opposite elbow 5 times.
2. I can catch a large ball thrown at knee height and above my head.
3. I can catch a large ball thrown away from my body.
4. I can catch a small ball thrown close to and away from my body.

Developing my stance skills and knowledge so...

What

I can stay on the line/low beam throughout.

I can balance with minimum wobble (control).

I can maintain good posture.

How

Use smooth, controlled movements.

Keep my feet a shoulder width apart and bend my knees.

Keep my head up looking forward and my back straight.

Coordination Footwork

Skill Challenges

With fluency and control, starting slowly and then at maximum speed:

1. I can combine 3-step zigzag patterns with cross-over (swerve) when I change my lead leg (crossing my back leg over my lead leg, planting it on the floor).
2. I can move in a 3-step zigzag pattern, with a knee raise across my body just before I change lead leg and direction.
3. I can move in a 3-step zigzag pattern, lifting my foot up behind me just before I change lead leg and direction.

Developing my footwork skills and knowledge so...

What

I can move with smooth, controlled movements.

I can move with fluency and rhythm.

I can move well and perform consistently on both sides/in both directions.

How

Keep my feet close to the ground as I move.

Keep my head up and back straight throughout.

Bend my knees and use my arms to help balance.

Key Vocabulary

specific, outwit, posture, strike, swerve, fluent

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 stance and footwork skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop stance and footwork skills.