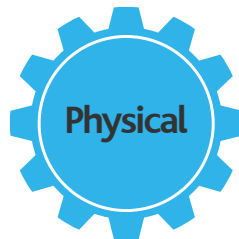


Purpose

Develop fundamental movement skills and apply them to help develop 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 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



Link Actions to Flow

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 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 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 and landing on a line:

1. I can jump from 2 feet to 2 feet forwards, backwards and side-to-side.
2. I can hop forward and backwards, freezing on landing.
3. I can jump from 1 foot to the other forwards and backwards, freezing on landing.
4. I can hop sideways, raising my knee and freezing on landing.
5. I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.

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 softly and quietly.

How

Bend my knees before take-off and on landing.

Swing my arms to get height and use them to help balance on landing.

Land softly on the balls of my feet so there is no noise.

Static Balance One Leg Balance

Skill Challenges

Maintaining balance and on both legs:

1. I can stand still on an uneven surface for 30 seconds (aim for 10 seconds, then 20 seconds first if required).
2. I can stand still on an uneven surface for 30 seconds with eyes closed (aim for 10 seconds, then 20 seconds first if required).
3. I can complete 10 squats into ankle extensions.
4. I can complete 5 squats with eyes closed.

Developing my one leg balance skills and knowledge so...

What

I can balance with stability and control.

I can balance and move with smooth, controlled movements.

I can repeat balances with consistent performance.

How

Keep my tummy (core muscles) tight.

Use smooth, controlled movements.

Use my arms to help balance.

Key Vocabulary

combinations, accurately, sport specific, vertical stance, momentum, uneven

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).