

Purpose

Develop fundamental movement skills to support balance, coordination and control, including core stability, jumping and landing as well as other foundation movement patterns. Develop the ability to control take-off, flight and landing and maintain control of core muscles in a range of situations.

Develop essential social skills including learning to take turns and begin to make sensible decisions about sharing space and equipment. Understand how these relate to their ability to work well with others.

Learning Goals



Understand Others

Emerging

- I can play with others and take turns and share with help.

Expected

- I can work sensibly with others, taking turns and sharing.

Exceeding

- I can help, praise and encourage others.

Dynamic Balance to Agility

Jumping and Landing

Space

Jungle

Static Balance

Seated Balance

In this unit, the children will develop and apply their jumping and landing and seated balance through focused skill development sessions, thematic stories and games.



Emerging

I can complete **some** Yellow challenges



Expected

I can complete **all** Yellow challenges



Exceeding

I can complete **some** Green challenges

Skills and Knowledge - Learning Behaviour

Social Skills



Developing my social skills and knowledge so...

What

How

I can play with others and take turns and share with help.

Take turns with others.
Take turns, share space and equipment.

I can work sensibly with others, taking turns and sharing.

Share space and equipment.
Use positive words when others do well.
Use positive gestures or words to praise and keep others going.

I can help, praise and encourage others.

Use positive words to praise.
Use positive gestures/words to keep others going.
Support others when they need help.

Skills and Knowledge - FMS

Dynamic Balance to Agility Jumping and Landing

Skill Challenges

Maintaining balance throughout:

1. I can jump from 2 feet to 2 feet forwards, backwards and side to side.

Developing my jumping and landing skills and knowledge so...

What

How

I can achieve good take off and height.

Keep my feet a shoulder width apart.

I can land with balance and control.

Keep my head up as I land.

I can land softly and quietly.

Bend my knees on take-off and on landing.

Static Balance Seated Balance

Skill Challenges

In a seated position for 10 seconds:

1. I can balance with both hands and feet touching the floor.
2. I can balance with 1 hand and 2 feet touching the floor.
3. I can balance with 2 hands and 1 foot touching the floor.
4. I can balance with 1 hand and 1 foot touching the floor.
5. I can balance with 1 hand and 1 foot touching the floor.
6. I can balance with no hands or feet touching the floor.

Developing my seated balance skills and knowledge so...

What

How

I can balance with hands/feet up for 10 seconds.

Keep my head up and still.

I can balance with minimum wobble (control).

Keep my tummy tight.

I can maintain balance without strain.

Keep my back straight.

Key Vocabulary

sensibly, take turns, landing, swing, freeze, quarter, position, swap, cone, return

Curriculum Links

Pupils should...

Master basic movements, including jumping, as well as develop balance, agility and coordination and begin to apply these in a range of activities.

Engage in cooperative physical activities.

Wider Links

To further develop the children's jumping and landing and seated balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop jumping and landing and seated balance skills.
- **real gym** - Year 1, Unit 2 (flight).
- **BURSTS** (home learning) - jumping and landing (Space) and seated balance (Jungle) are included on the BURSTS app.