

Purpose

Develop and apply ball skills in a variety of 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



React Positively to Challenge

Emerging

- I have begun to challenge myself.

Expected

- I know where I am with my learning
- I can persevere with a task and improve my performance through regular practice.
- I can cope well and react positively when things become difficult.

Exceeding

- I see all new challenges as opportunities to learn and develop.

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 **all** Red challenges



Expected

I can complete **some** Blue challenges



Exceeding

I can complete **all** Blue challenges

Skills and Knowledge - Learning Behaviour

Personal Skills



Developing my personal skills and knowledge so...

What

How

I have begun to challenge myself.

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 know where I am with my learning

Try to view things I can't do as an opportunity to improve.
Remember that I need to be able to perform skills consistently before I move on.

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 can 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 see all new challenges as opportunities to learn and develop.

Use opportunities away from the lesson to keep practising.
Use my own and others' feedback to help recognise my strengths and weaknesses.
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 around one leg 16 times (right and left leg).
2. I can move a ball round my waist 17 times.
3. I can stand with my legs apart and move a ball around alternate legs 16 times.

Developing my ball skills and knowledge so...

What

How

I can maintain control of the ball throughout.

Focus on maintaining good balance throughout.

I can complete challenges in both directions.

Move the ball with my fingers, avoiding it touching my body.

I can move the ball smoothly and fluently.

Perform the movements smoothly and then gradually increase speed.

Agility Reaction / Response

Skill Challenges

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

1. I can react quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

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

What

How

I can react and move quickly.

Take up a ready position with my knees bent and feet apart (front to back).

I can catch the ball consistently.

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

I can slow down with control after catching.

Bend the knee on my 'catching leg' and take my weight back to help me to stop quickly.

Key Vocabulary

persevere, regular, complete, criss cross, fluidity, ready position, pushing off

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).