

## 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



### Judge Performance

#### Emerging

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

#### Expected

- I can understand ways (criteria) to judge performance.

#### Exceeding

- I can suggest patterns of play which will increase chances of success.
- I can develop methods to outwit opponents.

#### 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 **all** Red challenges



#### Expected

I can complete **some** Blue challenges



#### Exceeding

I can complete **all** Blue challenges

## Skills and Knowledge - Learning Behaviour

## Cognitive Skills



### Developing my cognitive skills and knowledge so...

#### What

#### How

I can explain what I am doing well.

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 have begun to identify areas for improvement.

Try different tactics and strategies to see what works.

Have a clear idea and agree what successful performance looks like.

I can understand ways (criteria) to judge performance.

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 suggest patterns of play which will increase chances of success.

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 develop methods to outwit opponents.

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 receive a small force from various angles.
2. I can raise alternate feet 5 times.
3. I can raise alternate knees 5 times.
4. I can catch a ball at chest height and throw it back.

### Developing my stance skills and knowledge so...

#### What

#### How

I can balance with both feet facing forwards.

Keep my feet a shoulder width apart and knees bent.

I can stay on the line/low beam throughout.

Keep my weight on the balls of my feet.

I can balance with minimum wobble (control).

Keep my back straight and head up.

## Coordination Footwork

### Skill Challenges

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

1. I can hopscotch forwards and backwards, alternating my hopping leg each time.
2. I can complete 3 step zigzag patterns forwards.
3. I can complete 3 step zigzag patterns backwards.

### Developing my footwork skills and knowledge so...

#### What

#### How

I can move with balance and control throughout.

Keep my head up and back straight.

I can move with fluent, smooth movements.

Work off the balls of my feet.

I can move well in both directions/on both sides.

Bend my knees and use my arms to help balance.

## Key Vocabulary

criteria, force, various, judge, awareness, increase, zigzag

## 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.