

## Purpose

Develop fundamental movement skills to support balance with a partner, and coordination and control with a ball. Develop the ability to control counterbalance and control a ball to prepare for activities and games using equipment.

Develop essential creative skills to be confident to watch others and copy them whilst also exploring different movements independently. Start to select and link movements together.

## Learning Goals



### Explore and Describe

#### Emerging

- I can observe and copy others.

#### Expected

- I can explore and describe different movements.

#### Exceeding

- I can select and link movements together to fit a theme.
- I can begin to compare my movements and skills with those of others.

#### Coordination

Ball Skills

#### Counter Balance

Counter Balance

Clown

Seaside

In this unit, the children will develop and apply their ball skills and counter balance with a partner 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

## Creative Skills



Developing my creative skills and knowledge so...

### What

### How

I can observe and copy others.

Try lots of different ways to find what feels right, including copying others' ideas.  
Watch and listen carefully when others demonstrate.  
Try lots of different movements and think about how you are using your body and the equipment.

I can explore and describe different movements.

Think about what your body is doing when describing your movements.  
Think about how the movement feels when describing it.  
Try to link movements smoothly and with control.  
Try different ways to find what feels right.  
Think about movements you can connect smoothly and with control.

I can select and link movements together to fit a theme.

Think about shapes and movements that go with the theme.  
Think about movements you can connect smoothly and with control.  
Try lots of different movements and think about how you are using your body and the equipment.

I can begin to compare my movements and skills with those of others.

Observe and think about different parts of the body and how they move when comparing movements and skills.  
Observe others and, if you like their movements, try them yourself and alter them so you do them in your unique way.

## Skills and Knowledge - FMS

## Coordination Ball Skills

### Skill Challenges

Maintaining control:

1. I can sit and roll a ball along the floor around my body using 2 hands.
2. I can sit and roll a ball along the floor around my body using 1 hand (right and left).
3. I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.
4. I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.

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

#### What

#### How

I can maintain control of the ball.

Keep my tummy tight and weight through my bottom.

I can move the ball in both directions.

Use my fingers to move the ball.

I can move the ball smoothly and fluently.

Focus on moving the ball smoothly rather than on speed.

## Counter Balance Counter Balance

### Skill Challenges

With a partner, maintaining balance throughout:

1. I can sit holding hands with toes touching, lean in together then apart.
2. I can sit holding 1 hand with toes touching, lean in together then apart.
3. I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.

### Developing my counter balance with a partner skills and knowledge so...

#### What

#### How

I can maintain balance throughout.

Keep my tummy tight.

I can move smoothly and with control.

Keep my back straight and head up.

I can coordinate movements with my partner.

Hold on to my partner's forearms and communicate with them.

### Key Vocabulary

observe, describe, upper body, around, touching, side to side

## Curriculum Links

Pupils should....

Develop balance, agility and coordination and begin to apply these in a range of activities, individually and with others.

Engage in activities in a range of increasingly challenging situations.

## Wider Links

To further develop the children's ball skills and counter balance 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 counter balance skills.
- **BURSTS** (home learning) - ball skills (Clown) is included on the BURSTS app.