

Purpose

Develop fundamental movement skills and apply them to help develop coordination and control with a ball, and balance skills that are required in a range of games and activities. For instance, it is important to be able to react and move quickly to a loose ball in football and netball and to remain balanced when contact occurs in rugby and basketball.

Develop essential health and fitness understanding to be able to describe how and why changes in their body happen during and after exercise. Explain why warming up and cooling down are important and for how long and how often they need to exercise to be healthy.

Learning Goals



Prepare for Activity

Emerging

- I use equipment appropriately and move and land safely.
- I can say how my body feels before, during and after exercise.

Expected

- I can describe how and why my body changes during and after exercise.
- I can explain why we need to warm-up and cool down.

Exceeding

Agility

Ball Chasing

Static Balance

Stance

In this unit, the children will develop and apply their ball chasing and fstance through focused skill development sessions, healthy competition, cooperative games and group Personal Best challenges.



Emerging

I can complete **some** Red challenges



Expected

I can complete **all** Red challenges



Exceeding

I can complete **some** Blue challenges

- I can record and monitor how hard I am working.
- I can describe the basic fitness components.

Skills and Knowledge - Learning Behaviour

Health and Fitness Skills



Developing my health and fitness skills and knowledge so...

What

How

I use equipment appropriately and move and land safely.

Moving and landing safely is helped by having good health and fitness, for example, good stability and strength in our muscles and joints.
Changes to the body during and after exercise include increased heart rate - it beats faster as we work harder.

I can say how my body feels before, during and after exercise.

Developing Fundamental Movement Skills will help support us to move and land safely.
When we exercise, our muscles demand more oxygen. Our body responds by increasing our breathing rate.
Basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility.

I can describe how and why my body changes during and after exercise.

During and after exercise our heart rate increases, as our heart works harder to pump blood (and the oxygen in it) to our muscles.
During exercise our body temperature rises, resulting in sweating, which helps to regulate our body temperature.
Warming up also helps us to prepare mentally for the activity to follow, for example, by helping us focus.

I can explain why we need to warm-up and cool down.

Cooling down can help prevent our muscles being sore in the first couple of days after exercise.
Cooling down helps our heart rate and breathing to slow down gradually which can help prevent dizziness after exercise.
As blood flow to our muscles increases, they get warmer and contract, relax and stretch more easily.

I can record and monitor how hard I am working.

Taking our pulse before and after exercise helps us to see how hard we are working.

Warming up helps prevent injuries by gradually raising our body temperature and gradually warming up our muscles.

Basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility.

I can describe the basic fitness components.

Basic fitness includes strength, stamina (aerobic/anaerobic), speed and flexibility.

Children should engage in moderate to vigorous physical activity for at least 60 minutes every day (Department of Health).

Taking our pulse before and after exercise helps us to see how hard we are working.

Skills and Knowledge - FMS

Agility Ball Chasing

Skill Challenges

Over a distance of up to 10 metres and turning both ways:

1. I can chase a large rolled ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
2. I can chase a large bouncing ball, let it roll through my legs and then collect it in a balanced position facing the opposite direction.
3. I can complete the above challenges using a tennis ball.

Developing my ball chasing skills and knowledge so...

What

How

I can start and stop quickly.

Accelerate by pushing off hard with my feet and driving my arms from 'hips to lips'.

I can arrive in the correct position to collect the ball (timing).

Move my feet quickly to get in the collecting position in good time.

I can collect the ball with balance/control.

Keep watching the ball and concentrate on timing so I arrive at the right time.

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.

Key Vocabulary

describe, explain, stable, force, receiving

Curriculum Links

Pupils should....

Develop and apply control and balance in different ways.

Learn how to use skills in different ways and to link them to make actions and sequences of movement.

Enjoy communicating, collaborating and competing with each other.

Compare their performance with previous ones and demonstrate improvement to achieve their personal best.

Wider Links

Use the Personal Best sheet for children to record their scores (**click link at the bottom**).

To further develop the children's ball chasing and stance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop ball chasing and stance skills.