



Term 1

Unit Overview: KS2 PE

Co-ordination and Static Balance

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> ❖ Use running, jumping, throwing and catching in isolation and in combination. ❖ Develop flexibility, strength, technique, control and balance. ❖ Compare their performances with previous ones and demonstrate improvement to achieve their personal best. ❖ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> ❖ I can move with balance and control throughout. ❖ I can move with fluent, smooth movements. ❖ I can move well in both directions/on both sides. ❖ I can balance with minimum wobble (control). ❖ I can balance with standing foot still. ❖ I can balance with non-standing foot off the floor. 	<p><u>Vocabulary</u></p> <p>React, challenge, pattern, speed, heel raises, feedback, improve, warm up, cool down, teamwork, heart rate, balance, squat, extension</p>
<p><u>Fundamental Movement Skills</u></p> <p>Co-ordination</p> <p>Footwork</p> <p>Static balance</p> <p>One leg</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> ❖ I try several times if at first I don't succeed and I ask for help when appropriate. ❖ I know where I am with my learning. ❖ I have begun to challenge myself. ❖ I cope well and react positively when things become difficult. ❖ I can persevere with a task and improve my performance through regular practice. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Keep my head up and back straight. ❖ Work off the balls of my feet. ❖ Bend my knees to push off and land. ❖ Keep my head up and still. ❖ Keep my tummy (core muscles) tight and back straight. ❖ Use my arms to help balance. 	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Hop-scotch, alternating your hopping leg each time ❖ With fluency and control, move in a 3 step zigzag pattern with a knee raise across body. ❖ Close your eyes and hold your balance. ❖ Try to balance on one leg on an uneven surface for 30 seconds. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Explore using different footwork patterns to move through equipment. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Work in pairs, taking turns and providing feedback. ❖ Working towards a personal best.
<p><u>Prior learning (KS1)</u></p> <ul style="list-style-type: none"> ❖ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities. ❖ Participate in team games, developing simple tactics for attacking and defending. <p><u>Future learning: KS3</u></p> <ul style="list-style-type: none"> ❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	<p><u>British Values</u></p> <ul style="list-style-type: none"> ❖ Democracy – Have your opinions heard when discussing topics and tactics. ❖ Rule of law – learn about rules for different sports, sporting behaviour, etiquette and fair play. ❖ Mutual respect and tolerance – celebrate sporting achievements together. <p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ <u>Courage</u> 	<p><u>Key Sportsmen/women</u></p> <p>Charlotte Dujardin (British dressage rider)</p> <p>Carissa Moore (USA Surfer)</p> <p>Abderrazak Hattab (Moroccan blind footballer)</p> <p>Daniel Bethell (UK Para-badminton player)</p>



DOWN AMPNEY PRIMARY SCHOOL

Term 1

Unit Overview: KS2 PE

Co-ordination and Static Balance

<ul style="list-style-type: none">❖ Develop their technique and improve their performance in other competitive sports.❖ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.	<p>If you don't succeed after several attempts, ask for help from others.</p> <ul style="list-style-type: none">❖ <u>Respect</u> Following instructions.❖ <u>Trust</u> Supporting others in achieving their goals.	
---	---	--