



Term 3

Unit Overview: KS1 PE

Dynamic and Static Balance

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> ❖ 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. 	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> ❖ I can move smoothly and with minimum wobble. ❖ I can maintain balance on the line with head up. ❖ I can move with opposite arm and leg moving forwards. ❖ I can balance with both feet facing forwards, with feet still and with minimum wobble. 	<p><u>Vocabulary</u></p> <p>Understand, simple, backwards, heels, shoulder, width, forwards, wobble, tight, opposite, balance.</p>
<p><u>Fundamental Movement Skills</u></p> <p>Dynamic balance On a line</p> <p>Static balance Stance</p> <p><u>Progression of skills and support – Observe and describe</u></p> <ul style="list-style-type: none"> ❖ I can follow simple instructions. ❖ I can understand and follow simple rules. ❖ I can name some things I am good at. ❖ I can begin to order instructions, movements and skills. ❖ With help, I can recognise similarities and differences in performance. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Keep my head up and still. ❖ Keep my back straight and tummy tight. ❖ Swing my arms to help move and balance. ❖ Keep my feet a shoulder width apart. ❖ Bend my knees. ❖ Keep my back straight and head up. 	<p>Pillars of Progression</p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Control balance while in the ‘ready position’. ❖ Use controlled and balanced movement in all directions. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Understand and follow simple rules. ❖ Order instructions, movements and skills. ❖ Recognise similarities and differences in performance. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Name things I am good at. ❖ Name things you have done well in the lesson.
<p><u>Prior learning (EYFS)</u></p> <ul style="list-style-type: none"> ❖ Further develop skills to manage the school day successfully such as lining up and queueing. ❖ Develop overall body strength, balance, coordination and agility. ❖ Use core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. <p><u>Future learning: KS2</u></p> <ul style="list-style-type: none"> ❖ Enjoy communicating, collaborating and competing, and develop an understanding of how to improve in an activity. ❖ Develop strength, control and balance. 	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ <u>Courage</u> If you don’t succeed after several attempts, ask for help from others. ❖ <u>Respect</u> Following instructions. ❖ <u>Trust</u> Supporting others in achieving their goals. <p><u>British Values</u></p> <ul style="list-style-type: none"> ❖ Democracy - learn how to listen to others and how to take turns. ❖ Rule of law – learn that rules are important to keep each other safe and to have fun when playing games and sports. 	<p><u>Key Sportsmen/women</u></p> <p>Olga Korbut (Artistic gymnast) Simone Byles (Gymnast) Ellie Simmonds (Paralympic swimmer) Daniel Bethell (UK Para-badminton player)</p>



DOWN AMPNEY PRIMARY SCHOOL

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❖ Play competitive games, modifies where appropriate, and apply basic principles suitable for attacking and defending.	❖ Mutual respect and tolerance – celebrate sporting achievements together.	
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