



Term 5

Unit Overview: KS1 PE

Co-ordination and Agility

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> ❖ Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility, 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 send with good accuracy and weight. ❖ I can get in a good position to receive. ❖ I can collect the ball safely. ❖ I can react and move quickly. ❖ I can catch the ball consistently. ❖ I can slow down with control after catching. 	<p><u>Vocabulary</u></p> <p>Single, range, backswing, ready position, follow through, steady, dropped, catch, accurate, react, receive.</p>
<p><u>Fundamental Movement Skills</u></p> <p>Co-ordination Sending and Receiving.</p> <p>Agility Reaction/Response</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> ❖ I can move confidently in different ways. ❖ I can perform a single skill or movement with some control. ❖ I can perform a small range of skills and link two movements together. ❖ I can perform a range of skills with some control and consistency. ❖ I can perform a sequence of movements with some changes in level, direction or speed. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Use backswing and follow through when sending. ❖ Adopt a good ‘ready position’. ❖ Keep eyes focused on the ball. ❖ Push off hard with feet. ❖ Keep head steady and watch the ball. ❖ Move feet to get to the ball. 	<p>Pillars of Progression</p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Focus on accuracy and weight when sending. ❖ Bend knees to get low to the ball. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Lean forward to help move quickly. ❖ Use ‘soft hands’ when receiving/catching. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Develop essential skills to be confident in moving in different ways.
<p><u>Prior learning (EYFS)</u></p> <ul style="list-style-type: none"> ❖ Further develop and refine a range of ball skills. ❖ Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. ❖ Combine movements with ease and fluency. <p><u>Future learning: KS2</u></p> <ul style="list-style-type: none"> ❖ Enjoy communication, collaborating and competing with each other and develop an understanding of how to improve in an activity. 	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ Courage If you don’t succeed after several attempts, ask for help from others. ❖ Respect Following instructions. ❖ Trust 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>



DOWN AMPNEY PRIMARY SCHOOL

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<ul style="list-style-type: none">❖ Develop strength, control and balance, and technique.❖ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	<ul style="list-style-type: none">❖ Mutual respect and tolerance – celebrate sporting achievements together.	<p>Jordan Pickford (England football Goalkeeper) Nicola Adams (Team GB Boxer) Jodie Ounsley (Rugby Player – UK Deaf Sport honorary president)</p>
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