



**Term 1**

**Unit Overview: KS1 PE**

**Co-ordination and Static Balance**

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>❖ 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.</li> <li>❖ Engage in competitive and cooperative physical activities.</li> </ul>	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> <li>❖ I can move with balance and control throughout.</li> <li>❖ I can move with fluent, smooth movements.</li> <li>❖ I can move well in both directions/on both sides.</li> </ul>	<p><u>Vocabulary</u></p> <p>Several, appropriate, opposite, hopscotch, angle, smooth, dominant, non-standing, balance, still</p>
<p><u>Fundamental Movement Skills</u></p> <p><b>Co-ordination</b></p> <p>Footwork</p> <p><b>Static balance</b></p> <p>One leg balance</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> <li>❖ I can follow instructions, practise safely and work on simple tasks by myself.</li> <li>❖ I try several times if at first I don't succeed and ask for help when appropriate.</li> <li>❖ I know where I am with my learning.</li> <li>❖ I have begun to challenge myself.</li> </ul>	<ul style="list-style-type: none"> <li>❖ I can balance with minimum wobble (control).</li> <li>❖ I can balance with my standing foot still.</li> <li>❖ I can balance with non-standing foot off the floor.</li> </ul> <p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Keep my head up and back straight.</li> <li>❖ Work off the balls of my feet.</li> <li>❖ Bend my knees to push off and land.</li> <li>❖ Keep my head up and still.</li> <li>❖ Keep my tummy (core muscles) tight and back straight.</li> <li>❖ Use my arms to help balance.</li> </ul>	<p><b><u>Pillars of Progression</u></b></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Combine side steps with 180 degree pivots off either foot.</li> <li>❖ Skip with knee and opposite elbow.</li> <li>❖ Hopscotch forwards and backwards.</li> <li>❖ Stand still for 30 seconds.</li> <li>❖ Complete 5 mini squats.</li> </ul> <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ Use weight transfer to avoid or outwit an opponent.</li> <li>❖ Recognise that success is often preceded by several failures and it is the response to these failures that is important.</li> </ul>
<p><u>Prior learning (EYFS)</u></p> <ul style="list-style-type: none"> <li>❖ Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>❖ Demonstrate strength, balance and coordination when playing.</li> <li>❖ Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> <p><u>Future learning: KS2</u></p>	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> <li>❖ <u>Courage</u> If you don't succeed after several attempts, ask for help from others.</li> <li>❖ <u>Respect</u> Following instructions and teamwork.</li> <li>❖ <u>Trust</u> Supporting others in achieving their goals.</li> </ul> <p><u>British Values</u></p>	<p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Recognise that seeking help from others at the right time is a positive response to challenge.</li> <li>❖ Playing cooperative and competitive games.</li> </ul> <p><u>Key Sportsmen/women</u></p>



## DOWN AMPNEY PRIMARY SCHOOL

### Term 1

#### Unit Overview: KS1 PE

#### Co-ordination and Static Balance

<ul style="list-style-type: none"><li>❖ Use running and jumping in isolation and in combination and develop control, balance and technique.</li><li>❖ Enjoy communicating, collaborating and competing with each other.</li><li>❖ Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li></ul>	<ul style="list-style-type: none"><li>❖ Democracy - learn how to listen to others and how to take turns.</li><li>❖ Rule of law – learn that rules are important to keep each other safe and to have fun when playing games and sports.</li><li>❖ Mutual respect and tolerance – celebrate sporting achievements together.</li></ul>	<p><b>Cassandre Beaugrand</b> (French triathlete) <b>Natalya Lisovskaya</b> (Shotput world record holder) <b>Haruka Kitaguchi</b> (Japanese javelin thrower)</p>
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