



Term 2

Unit Overview: KS2 PE

Dynamic Balance and Counterbalance

<p><u>National Curriculum Objectives</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. ❖ Play competitive games, modifies 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 smoothly and with minimum wobble. ❖ I can stay balanced on the line with head up. ❖ I can move with opposite arm and leg moving forwards. ❖ I can maintain balance throughout. ❖ I can move smoothly and with control. ❖ I can coordinate movements with my partner. 	<p><u>Vocabulary</u></p> <p>Roles, responsibility, marching, sink, hips, short base, forearm.</p>
<p><u>Fundamental Movement Skills</u></p> <p>Dynamic Balance On a line</p> <p>Counterbalance With a partner.</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> ❖ I show patience and support others. ❖ I am happy to show and tell others about my ideas. ❖ I cooperate well with others and give helpful feedback. ❖ I help organise roles and responsibilities and can guide a small group through a task. ❖ I can give and receive sensitive feedback to improve myself and others. ❖ I can negotiate and collaborate appropriately. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Keep my head still and look forward. ❖ Keep my tummy (core muscles) tight and back straight. ❖ Use my arms to help move and balance, bringing them from ‘hips to lips’. ❖ Keep my tummy (core muscle) tight and body straight throughout. ❖ Hold with straight arms when leaning back. ❖ Hold on to my partner’s forearms and communicate with them. 	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Apply balance skills in a variety of modified games to improve dynamic balance and counterbalance. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Prepare traditional invasion games that use feints, change of speed and direction to outwit opponents. ❖ Learn about attacking and defending strategies to help make effective decisions. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Develop social skills to learn to cooperate by listening to others and being supportive. ❖ Be prepared to lead a small group through a task and give helpful feedback when appropriate.
<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>	<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>	<p><u>Key Sportsmen/women</u></p> <p>Lilah Fear and Lewis Gibson – Figure skaters Bukayo Saka – Premier league football player</p>



DOWN AMPNEY PRIMARY SCHOOL

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<ul style="list-style-type: none">❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.❖ 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.	<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.	
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