



**Term 6**

**Unit Overview: KS1 PE  
Agility and Static Balance**

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>❖ Develop balance, agility and coordination, and begin to apply these in a range of activities, individually and with others.</li> <li>❖ Engage in activities in a range of increasingly challenging situations.</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 start and stop quickly.</li> <li>❖ I can arrive in the correct position to collect the ball (timing).</li> <li>❖ I can collect the ball with balance/control.</li> <li>❖ I can maintain balance throughout.</li> <li>❖ I can balance and hold the correct position.</li> <li>❖ I can balance with control when changing balance/position.</li> </ul>	<p><u>Vocabulary</u></p> <p>Changes, health, balanced, quickly, in line, shoulders, hips, position, control, speed.</p>
<p><u>Fundamental Movement Skills</u></p> <p><b>Agility</b> Ball chasing</p> <p><b>Static balance</b> Floor work</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> <li>❖ I am aware of the changes to the way I feel when I exercise.</li> <li>❖ I am aware of why exercise is important for good health.</li> <li>❖ I can say how my body feels before, during and after exercise.</li> <li>❖ I use equipment appropriately and move and land safely.</li> </ul>	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Take up a good ready position and push off hard.</li> <li>❖ Try rolling the ball at different speeds to get the right challenge.</li> <li>❖ Keep my head steady and watch the ball.</li> <li>❖ Keep my hands in line with my shoulders.</li> <li>❖ Keep my knees in line with my hips.</li> <li>❖ Keep my back straight and tummy tight.</li> </ul>	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Use equipment appropriately to move and land safely.</li> </ul> <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ Develop control with a ball to prepare for activities and games using equipment.</li> </ul>
<p><u>Prior learning (EYFS)</u></p> <ul style="list-style-type: none"> <li>❖ Further develop and refine a range of ball skills.</li> <li>❖ Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>❖ Develop overall body strength, balance, coordination and agility.</li> <li>❖ Use core muscle strength to achieve a good position when sitting at a table or on the floor.</li> </ul> <p><u>Future learning: KS2</u></p> <ul style="list-style-type: none"> <li>❖ Develop and apply control and balance in different ways.</li> </ul>	<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.</li> <li>❖ <u>Trust</u> Supporting others in achieving their goals.</li> </ul> <p><u>British Values</u></p> <ul style="list-style-type: none"> <li>❖ Democracy - learn how to listen to others and how to take turns.</li> </ul>	<p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Exercise can have a positive effect on our mood and how we feel.</li> </ul> <p><u>Key Sportsmen/women</u></p> <p><b>Teun de Nooijer</b> (Dutch hockey player) <b>Martin Guptill</b> (New Zealand cricketer)</p>



DOWN AMPNEY PRIMARY SCHOOL

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<ul style="list-style-type: none"><li>❖ Learn how to use skills in different ways and to link them to make actions and sequences of movement.</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>❖ 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>Evelyn Vieira de Oliveira</b> (Brazilian Paralympic boccia player)</p>
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