



## DOWN AMPNEY PRIMARY SCHOOL

### Year B Term 4

#### Unit Overview: KS1 PE

#### Co-ordination and Counter Balance

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>❖ Extend balance, agility and coordination and begin to apply these in a range of activities, individually and with others.</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 maintain control of the ball.</li> <li>❖ I can move with the ball in both directions.</li> <li>❖ I can move the ball smoothly and fluently.</li> <li>❖ I can maintain balance throughout.</li> <li>❖ I can move smoothly and with control.</li> <li>❖ I can coordinate movements with my partner.</li> </ul>	<p><u>Vocabulary</u></p> <p>Compare, select, link, gradually, increase, partner, long base</p>
<p><u>Fundamental Movement Skills</u></p> <p><b>Co-ordination</b> Ball skills</p> <p><b>Counter Balance</b> With a partner</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> <li>❖ I can explore and describe different movements.</li> <li>❖ I can select and link movements together to fit a theme.</li> <li>❖ I can begin to compare my movements and skills with those of others.</li> <li>❖ I can respond differently to a variety of tasks or music.</li> <li>❖ I can make up my own rules and versions of activities.</li> </ul>	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Focus on maintaining good balance throughout.</li> <li>❖ Move the ball with my fingertips.</li> <li>❖ Perform the movements smoothly and then gradually increase your speed.</li> <li>❖ Keep my tummy (core muscles) tight and body straight throughout.</li> <li>❖ Hold with straight arms when leaning back.</li> <li>❖ Hold on to my partner's forearms and communicate with them.</li> </ul>	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Develop the ability to control counterbalance and control a ball to prepare for activities and games using equipment and where keeping possession is an important factor in success.</li> <li>❖ Select and link movements together and begin to compare movements with those of others</li> </ul>
<p><u>Prior learning (EYFS)</u></p> <ul style="list-style-type: none"> <li>❖ Negotiate space and obstacles safely.</li> <li>❖ Demonstrate strength, balance and coordination.</li> </ul> <p><u>Future learning: KS2</u></p> <ul style="list-style-type: none"> <li>❖ Use throwing and catching in isolation and in combination and develop and apply control and balance in different ways.</li> <li>❖ Learn how to use skills in different ways and to link them to make actions and sequences of movement.</li> </ul>	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> <li>❖ <b>Courage</b> If you don't succeed after several attempts, ask for help from others.</li> <li>❖ <b>Respect</b> Following instructions.</li> <li>❖ <b>Trust</b> 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 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ Compare movements and skills with those of others.</li> <li>❖ Come up with your own rules and versions of activities.</li> </ul> <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Try lots of different movements and think about how you are using your body and the equipment.</li> <li>❖ Use others ideas as a starting point and then make your own adjustments.</li> </ul>



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<ul style="list-style-type: none"><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>	<u>Key Athletes</u> <b>John McEnroe</b> (Tennis Player) <b>Sam Quek</b> (England Field Hockey Player) <b>Simone Biles</b> (US Gymnast)
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