



DOWN AMPNEY PRIMARY SCHOOL

Term 3

Unit Overview: KS2 PE

Cognitive: Static Balance and Coordination

<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 balance with both feet facing forwards. ❖ I can stay on the line/low beam throughout. ❖ I can balance with minimum wobble (control). ❖ I can move with balance and control throughout. ❖ I can move with fluent, smooth movements. ❖ I can move well in both directions/on both sides. 	<p><u>Vocabulary</u></p> <p>Criteria, force, various, judge, awareness, increase, zigzag</p>
<p><u>Fundamental Movement Skills</u></p> <p>Static Balance</p> <p>Stance</p> <p>Coordination</p> <p>Footwork</p> <p><u>Progression of Cognitive Skills and Support</u></p> <ul style="list-style-type: none"> ❖ I can explain what I am doing well. ❖ I have begun to identify areas for improvement. ❖ I can understand ways (criteria) to judge performance. ❖ I can suggest patterns of play which will increase chances of success. ❖ I can develop methods to outwit opponents. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Keep my feet a shoulder width apart and knees bent. ❖ Keep my weight on the balls of my feet. ❖ Keep my back straight and head up. ❖ Keep my head up and back straight. ❖ Work off the balls of my feet. ❖ Bend my knees and use my arms to help balance. 	<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> <ul style="list-style-type: none"> ❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. 	<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> <ul style="list-style-type: none"> ❖ <u>Courage</u> 	<p><u>Key Sportsmen/women</u></p> <p>Alan Stokes – Professional surfer. Ella Gibson – GB women's archer.</p>



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<ul style="list-style-type: none">❖ 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.	<p>If you don't succeed after several attempts, ask for help from others.</p> <ul style="list-style-type: none">❖ <u>Respect</u> Following instructions.❖ <u>Trust</u> Supporting others in achieving their goals.	
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