



Extended learning opportunity

This unit will develop the following skills:

Social: inclusion, communication, collaboration, leadership

Emotional: independence, honesty, perseverance, determination

Thinking: comprehension, select and apply skills, use tactics

Games

Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.

Ball skills with hands and feet

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.

Key Vocabulary

Catch	To get control of (someone or something moving away)
Dribble	To move along in repeated bounces, kicks, or pushes
Distance	The measure of space between things
Ready position	Showing that you are set to receive the ball
Roll	To cause a ball to move by turning over and over
Safely	Without being harmed
Sending	Passing the ball
Overarm	Throwing by swinging the arm over the level of the shoulder
Space	Area between players
Partner	The other person you are working with
Throw	To send through the air with force by using the arm and wrist
Receive	To get or take
Underarm	Throwing by swinging the arm under the level of the shoulder
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Direction	A course along which someone or something moves.
Sequence	Two or more skills which are performed together creating a different combination skill.

Gymnastics

Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement sequences. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.

