

Objectives

- To name some things I am good at.
- To understand and follow simple rules.
- To begin to order instructions, movements and skills.
- To explain, with help, why someone is working or performing well.
- To begin to recognise similarities and differences in performance.



Learning Points



Cognitive:

- Think about what you have done well in the lesson.
- Start with simple movements and gradually add more difficult ones.
- Try to be specific about what others are doing well.

Skill – Dynamic Balance on a line:

- Keep your head up and still.
- Keep your back straight.
- Swing your arms to help move and balance.

Fundamental Movement Skills Focus



Tilly the Train's Big Day



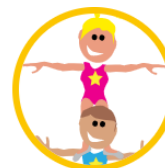
Skill – Dynamic Balance on a line: (FUNS Station 5)

- Roll a large ball and collect the rebound.
- Roll a small ball and collect the rebound.
- Throw a large ball and catch the rebound with 2 hands.

Yellow

Green

- Throw a tennis ball and catch it with the same hand after 1 bounce.



Thembi Walks the Tightrope



Static Balance – Stance (FUNS Station 4)

- Stand on a line with a good stance for 10 seconds.

Yellow

Green

- Stand on a low beam with a good stance for 10 seconds.

Key Vocabulary

Cognitive	Understanding and processing new information, before a new skill can even be attempted.
Static Balance	A balanced position while remaining still
Rebound	Bounce back
Good stance	Standing with strength, balance and control.

Success

- Smooth movements and minimum wobble.
- Staying on a line with head up.
- Opposite arm and leg moving forwards.



Review Questions

How many sports can you think of that require you to move backwards?



How can we tell if someone is balancing well?