

Objectives

- To order instructions, movements and skills.
- To explain why someone is working or performing well.
- To recognise similarities and differences in performance.
- To explain what I am doing well and begin to identify areas for improvement



Learning Points



Cognitive

- Start with simple movements and gradually add more difficult ones.
- Look at different parts of the body to help recognise similarities and differences.
- Think of non-physical and physical skills in terms of what you are doing well.

Dynamic Balance on a line:

- Keep your head still and look forward.
- Use your arms to help you move and balance as you walk (opposite arm and leg).
- Work off the balls of your feet.

Fundamental Movement Skills Focus



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

Yellow

- Walk forwards with fluidity and minimum wobble.
- Walk backwards with fluidity and minimum wobble.

Green

- Walk fluidly, lifting knees up to 90°.
- Walk fluidly, lifting heels up to bottom.

Coordination – Ball skills (FUNS Station 4)

- Sit and roll a ball up and down my legs and upper body using 1 hand.
- Stand and roll a ball up and down my legs and round my upper body using 1 hand.

Yellow

Green

- Stand with my legs apart and move a ball on one leg 16 times (right and left leg).
- Move a ball round my waist 17 times.

Key Vocabulary

Cognitive	Understanding and processing new information, before a new skill can even be attempted.
Dynamic Balance	Moving smoothly
Coordination	Control movements of each body part together at the right time.
90° angle	

Success

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



Review Questions

Why is it important to drive our knees up and our arms from 'hips to lips'?



Why is it more difficult to keep your balance walking from heel to toe?