

## Objectives

- To perform a sequence of movements with changes in level, direction or speed.
- To perform and repeat longer sequences with clear shapes and controlled movement.
- To select and apply a range of skills with good control and consistency
- To begin to perform a variety of movements and skills with good body tension.
- To link actions together so that they flow.



## Learning Points



### Physical

- Maintain a good 'ready position' (bend knees and wide base).
- Take your 'centre of gravity' forwards to help you move quickly.
- Move your feet quickly, rather than stretch, to get the ball.

### Agility Reaction / Response

- Take up a ready position with your knees bent and your feet apart (front to back).
- Start quickly and accelerate by pushing off hard with your feet.
- Bend the knee on your 'catching leg' and take your weight back to enable you to stop quickly.

## Fundamental Movement Skills Focus



### Agility Reaction Response: (FUNS Station 12)

Green

From a distance of 1, 2 and 3 metres:

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce.

Red

From a distance of 1, 2, and 3 metres:

- React quickly and catch a tennis ball dropped from shoulder height after 1 bounce, balancing on 1 leg.

Green

### Static Balance Floor Work: (FUNS Station 3)

Maintaining balance throughout:



- Place a cone on my back and take it off with the other hand in a mini-front support.
- Hold a mini-back support position.
- Place a cone on my tummy and take it off with the other hand in a mini-back support.

Red

Maintaining balance throughout:

- Hold a full front support position.
- Lift 1 arm and point to the ceiling with either hand in a front support.
- Transfer a cone on and off my back in a front support.

## Key Vocabulary

Physical	All body movement
Static Balance	A balanced position while remaining still.
Accelerate	Increase speed of movement
Front support position	
Mini Back support	

## Success

- Accuracy and weight when sending
- Getting in a good position to receive
- Collecting the ball safely



## Review Questions

- Why is it so important that we can perform skills with control and consistency?
- What can you remember about throwing and catching?

