

Objectives



- To follow instructions and practise safely
- To work on tasks independently.

Learning Points



Personal:

- Listen carefully to instructions.
- Keep your head up and stay within marked areas.
- Think about who you can ask for help.

Coordination Footwork:

- Keep your head up and back straight.
- Work off the balls of your feet.
- Bend your knees to push off and land.

Static Balance: One Leg

- Keep your head up and still.
- Keep your tummy tight.
- Keep your back straight.

Fundamental Movement Skills Focus



Birthday Bike Surprise



Skill – Coordination: Footwork

(FUNS Station 10)

- Side-step in both directions
- Gallop, leading with either foot
- Hop on either foot
- Skip
- Hopscotch forwards and backwards hopping on the same leg (right and left)



Yellow

Green



Pirate Planks



Static Balance: One Leg

(FUNS Station 1)

- Stand still on one leg for 10 seconds
- Complete 5 mini-squats
- Stand still on one leg for 30 seconds

Yellow

Green

Key Vocabulary

Balance	Control body to be still. Sometimes holding a shape or position
Footwork	Moving from one position to another
Control	Being able to stop and start movements well
Hopscotch	Hopping from one foot to two feet to one foot
Gallop	Move forward leading with one foot

Success

- Balance and control throughout
- Smooth movements
- Performing movements in both directions



Review Questions

When do we need to be able to have good 1 leg balance?



How does it feel when you move with control?