

Objectives

- To work on tasks independently.
- To ask for help when appropriate.



Learning Points



Personal:

- Keep your head up and stay within marked areas.
- Think about who you can ask for help.
- Keep going when things are hard.

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



Skill – Coordination: Footwork

(FUNS Station 10)

- Side-step in both directions
- Gallop, leading with either foot
- Hop on either foot
- Skip

Yellow

Green

- Side-steps with 180° front pivot off either foot
- Side-steps with 180° reverse pivot off either foot
- Skip with knee and opposite elbow both at 90 angle
- Hopscotch forwards and backwards hopping on the same leg (right and left)

Static Balance: One Leg

(FUNS Station 1)

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

Yellow

Green

Key Vocabulary

Static Balance	Control body to balance whilst still.
Footwork	Moving fluently from one position to another
Fluency	A flowing and smooth movement
Control	Being able to stop and start movements well
Gallop	Move forward leading with one foot

Success

- Balance and control throughout
- Fluent, smooth movements
- Performing movements in both directions



Review Questions

Why do we need to be able to balance on 1 leg?
How can good footwork patterns help us in other sports and activities?

