

Objectives

- To try several times at a task.
- To ask for help when appropriate.
- To know where I am with my learning and challenge myself.



Learning Points



Personal:

- Keep your head up and stay within marked areas.
- Keep going when things are hard.
- Only move on when you can do things consistently.

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

Green

(FUNS Station 10)

- 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).

Red

- Hopscotch forwards and backwards, alternating my hopping leg each time.

Static Balance: One Leg

Green

(FUNS Station 1)

- Complete 5 mini-squats.
- Stand still on one leg for 30 seconds.
- Stand still for 30 seconds with eyes closed.

Red

Key Vocabulary

Static Balance	Control body to balance whilst still.
Footwork	Moving fluently from one position to another
Fluency	A flowing and smooth movement
Pivot	A swivel movement on one foot
Coordination	Control movements of each body part together at the right time

Success

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



Review Questions

What activities do we need good footwork for?

What have you learned about good footwork?

