

## Objectives

- To work sensibly with others, taking Turns and sharing.
- To begin to help, praise and encourage others in their learning.



## Learning Points



### Social:

- Take turns.
- Use positive gestures or words to praise and keep others going.
- Support others when they need help.

### Dynamic Balance to Agility - Jumping and Landing:

- Keep your feet shoulder width apart.
- Bend your knees on take-off and on landing.
- Keep your head up.

### Static Balance: Seated

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

## Fundamental Movement Skills Focus



### Journey to the Blue Planet



### Skill – Dynamic Balance to Agility - Jumping and Landing: (FUNS Station 6 )

- Jump from 2 feet to 2 feet forwards, backwards and side to side.
- Jump from 2 feet to 2 feet with a quarter turn in both directions.



### Monkey Business



### Static Balance: Seated (FUNS Station 1)

- Balance with 1 hand and 1 foot touching the floor.
- Balance with 1 hand and 1 foot touching the floor.
- Balance with no hands or feet touching the floor.
- Pick up a cone from one side, swap hands and place it on the other side.



## Key Vocabulary

<b>Agility</b>	To move and change direction and position of the body quickly
<b>Static Balance</b>	A balanced position while remaining still
<b>Dynamic Balance</b>	Balance while moving positions
<b>Quarter Turn</b>	

## Success

- Good take off and height.
- Balance and control on landing.
- Soft landings.



## Review Questions

- How can we jump without making a loud noise we land?
- Where can we practise our jumping?

