

Objectives

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



Learning Points



Social:

- Take turns, share space and equipment.
- Use positive gestures or words to praise and keep others going.
- Listen to and support others when they need help.

Dynamic Balance to Agility - Jumping and Landing:

- Bend your knees on take-off and on landing.
- Swing your arms to help gain height and use them to help balance on landing.
- Try to land softly so there is no noise.

Static Balance: Seated

- Keep your tummy tight (core muscles) and back straight.
- Keep your weight going through your bottom.
- Keep your head up and breathe throughout

Fundamental Movement Skills Focus



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

Yellow

- Jump from 2 feet to 2 feet forwards, backwards and side to side.

Green

- Jump from 2 feet to 2 feet with a quarter turn in both directions.
- Stand on a line and jump from 2 feet to 1 foot and freeze on landing (on either foot).

Static Balance: Seated (FUNS Station 1)

Yellow

- 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.

Green

- With no hands or feet touching the floor:
- pick up a cone from one side, swap hand and place it on the other side.
 - Return the cone to the opposite side.

Key Vocabulary

Agility	Move and change direction and position of the body quickly
Static Balance	Balanced position while still
Dynamic Balance	Balance while moving positions
Coordination	Control movements of each body part together at the right time
Control	Stop and start movements well

Success

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



Review Questions

- How can we support our partner?
- How can we get more spring in our jump?
- How do strong tummy muscles help us in everyday life?

