

Objectives

- To help, praise and encourage others.
- To show patience and support others, listening carefully.
- To show and tell ideas.



Learning Points



Social:

- Use positive words when others do well.
- Use positive gestures/words to 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 get height and use them to help balance on landing.
- Keep your head up and back straight.

Static Balance: Seated

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

Fundamental Movement Skills Focus



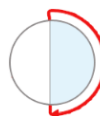
Skill – Dynamic Balance to Agility - Jumping and Landing: (FUNS Station 6)

- 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).



Green

- Jump from 2 feet to 2 feet with 180° turn in either direction.
- Complete a tucked jump.



Red

Static Balance: Seated (FUNS Station 1)

- Pick up a cone from one side, swap hands and place it on the other side.
- Return the cone to the opposite side.
- Pick up a cone from one side and place it on the other side with the same hand.
- Return it to the opposite side using the other hand.

Green

Red

Key Vocabulary

Agility	To move and change direction and position of the body quickly
Static Balance	A balanced position while remaining still
Dynamic Balance	Balance while moving positions.
Coordination	Control movements of each body part together at the right time
Tucked jump	A straight jump start then the knees are tucked up to the chest.

Success

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



Review Questions

Where and when can you practise your jumping?

How can we support someone if they are finding a task hard?

