



# Pinner Wood School



Year Group	1	Term	Spring 2	Subject	Real PE	Topic	Unit 4: Creative Skills (Balance & coordination)
						Key Question	How do I use balance and coordination?
Prior Learning and other Curriculum Links	<p><b>EYFS:</b> Balance: Exploring the hall without bumping into one another, spatial awareness and the understanding of why we teach people, children use bean bags to balance on their body and use this skill to thrown to another partner.</p> <p><b>Year 1</b> - I can jump from 2 feet to 2 feet forwards, backwards and side to side</p>				Target Tracker statements (Skills)	<ul style="list-style-type: none"> <li>- I can sit and roll a ball along the floor around my body using 2 hands.</li> <li>- I can sit and roll a ball along the floor around my body using 1 hand (right and left).</li> <li>- I can sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.</li> <li>- I can stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.</li> <li>- I can sit holding hands with toes touching, lean in together then apart.</li> <li>- I can sit holding 1 hand with toes touching, lean in together then apart.</li> <li>- I can sit holding hands with toes touching and rock forwards, backwards and side-to-side.</li> </ul>	
Fundamentals	<p>Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs.</p> <p>Coordination: Side step, gallop hop and skip with fluency and control, roll a ball along floor and around and up and down body (1 and 2 handed), roll a large and small ball and collect rebound with 2 hands.</p>				Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> <li>• Using two hands to control moving the ball around my body</li> <li>• Using one hand to control moving the ball around my body</li> <li>• How to balance together with a partner</li> </ul>	
Our Curriculum Journey	<p><b>Stunning Start:</b> 'Clowning Around'. The children will start with maintaining control throughout and will begin with sitting on the floor, using two hands to roll the ball around their body. They will then progress and using both hands to roll the ball around their body. Then the children will stand with their legs apart and move the wall around one leg. Their last challenge will be to stand with their legs apart and move a ball around their waist.</p> <p><b>Journey:</b> The children will start their journey with sitting on the floor and using their hands to control the ball around their body, eventually using only one hand to do this. The children will work in pairs to do this. Next the children will sit</p>						

	<p>opposite their partner and place their feet together and learn how to balance together. They will then do this standing up and holding onto one hand. To maintain their balance they will then try to stand on one leg off the ground. A further challenge will encourage the children to do this with their other hand in the air too.</p> <p><b>Show stopper:</b> The children will revisit their skills learnt and will create some seaside sculptures using their body to balance. The children will be encouraged to make different shapes and balances, like learning forward with a partner and away from their partner. The children will increase the difficulty by using only one leg/one arm at a time to balance.</p>		
<p><b>Key Vocabulary (revisited)</b></p>	<p>Direction Travel Stillness Body parts Own space Balance</p>	<p><b>Key Vocabulary (new)</b></p>	<p>Stillness Body parts Own space Team Passing Forwards Backwards Sideways Roll Slow</p>