



Pinner Wood School



Year Group	1	Term	Autumn 1	Subject	PE - Outdoor	Topic	Real PE - Unit 1 Balance and Coordination
						Key Question	How can I help my body balance?
Prior Learning and other Curriculum Links	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.					Skills statements	<ul style="list-style-type: none"> - Side-step in both direction - I can gallop, leading with either foot - I can hop either foot - I can skip - I can stand still for 10 seconds
Fundamentals	<ul style="list-style-type: none"> • Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs. • 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. 					Key Facts/Sticky Knowledge	<ul style="list-style-type: none"> • Hold a balance whilst walking along a straight line • Zig zag through a series of markers spaced evenly, about 2m apart • Hop on the spot using the same foot • Jump for distance • Jump for height
Our Curriculum Journey	<p>Stunning Start: The children will begin to explore how they move using their feet. They will be encouraged to explore and perfect side stepping, hopping, galloping. They will begin to build on their fluency and control by combining side steps, learning to pivot on their feet and using these skills while moving forwards and backwards.</p> <p>Journey: The children will move on to control their balancing by standing on one leg and holding it for up to 10 seconds. Without losing balance, the children will be encourages to hold the same balances for up to 30 second. They will be challenged to keep their balance while completing 5 squats on one leg.</p> <p>Show stopper: The children will finish of their learning by holding a balance for 30 seconds while keeping their eyes closed. They will finish with a game of pirate statues where the children will be encouraged to move in the ways explore in the beginning of the term. When the music stops they will be ask to complete one of the balances they have been taught.</p>						

Key Vocabulary (revisited)	Run Hop Skip Balance Follow Next	Key Vocabulary (new)	Travel Stillness Own space Forwards Backwards Sideways Roll Slow
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