



Pinner Wood School



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| Year Group | 1 | Term | Autumn 2 | Subject | PE - Outdoor | Topic | Real PE - Unit 2: Social skills (Balance & Dynamic balance and agility) |
| | | | | | | Key Question | How can I balance using different parts of my body? |
| 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"> - I can jump from 2 feet to 2 feet forwards, backwards and side to side - I can balance with both hands and feet touching the floor. I can balance with 1 hand and 2 feet touching the floor. I can balance with 2 hands and 1 foot touching the floor. I can balance with 1 hand and 1 foot touching the floor. I can balance with 1 hand and 1 foot touching the floor. I can balance with no hands or feet touching the floor. | |
| 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. | | | | Key Facts/Sticky Knowledge | Balancing is the ability to maintain a controlled body position Static balance is the ability to hold a stationary position with control Dynamic balance is the ability to remain balance while engaged in movement. | |
| Our Curriculum Journey | <p>Stunning Start: The children will begin to different Ways of jumping. They will try and maintain their balance while completing a two footed jump forwards, backwards and sideways. Once the children are confident they will be encouraged to experimenting with a quarter turn in both directions. The children will focus on securing their landing without wobbling.</p> <p>Journey: The children will move on to control their balancing while in a seated position. They will explore balancing with 1 hand and two feet, 1 hand and 1 foot, 1 hand or 1 foot before experimenting if they can balance with no hands or feet on the floor.</p> <p>Show stopper: The children will finish off their learning by extending their ability of a seated balance and attempt a v-sit hold for 10 seconds. The children will test out their balancing skills and pick up a cone from one side and place it on the other side without releasing their balance.</p> | | | | | | |
| Key Vocabulary (revisited) | Run Hop Skip Balance | | | | Key Vocabulary (new) | Travel Stillness Body parts Own space | |

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| | Follow Next | | Team Passing Forwards Backwards Sideways Roll Slow |
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