



S Knowledge Che

CHECK WHAT YOUR PUPILS CAN SHOW ...

Pupil walks backwards along a line, then forwards whilst crouching.

Pupil jumps forward and backwards over a cone.

© Pupil holds three balances using a variation of body parts at varying levels.

# What you are looking for:

(B)

- Pupil keeps their head up and looks forward.
- Pupil moves slowly and with control.
- Pupil keeps their chest upright when landing with their feet apart and knees slightly bent.
- Pupil holds their arms out and squeezes their muscles.

### CHECK WHAT YOUR PUPILS KNOW ...

- What does balance look like? Staying still or moving with control and coordination.
- What can you do to help you to balance on the spot? Focus on something still, squeeze my muscles, use the whole of the body part in contact with the floor e.g. spread my fingers or toes wide.
- How can you balance whilst moving? Move slowly and with control, keep my chest up and hold my arms out.

### INTERVENTION ACTIVITIES...

Give your pupils opportunities to develop this FMS with relevant games found in Active Blasts, Active Families, Active Lunchtimes and Active W.A.C.

Your **greater depth** pupils might be able to show and may know...

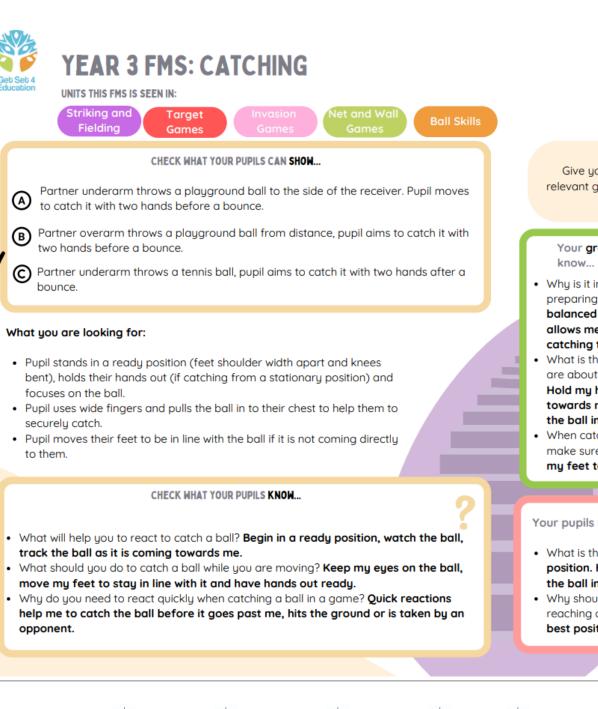
- What do you need to do with your body to hold a strong balance? Keep my body strong, focus on something still, squeeze my muscles.
- How can you move with control from one balance to another? Keep focus, move slowly and with control, think about which muscles are being used to hold each balance.
- How can your arms and legs help you when trying to balance? By spreading out to keep you steady. For example, you can stretch your arms to the sides or move your legs to adjust your weight and stop you from falling.

Your pupils might already be able to show and may know...

- Why is it important to squeeze your muscles when you're balancing? To help me stay still and stop me from wobbling or losing balance.
- Why is it important to focus on something still when you are balancing? It
  makes it easier for your body to know how to stay still. If you look at
  something moving you're more likely to wobble.
- What should you do to jump and land with balance? I should land on both feet with my knees bent, look forward and use my arms to help me balance.

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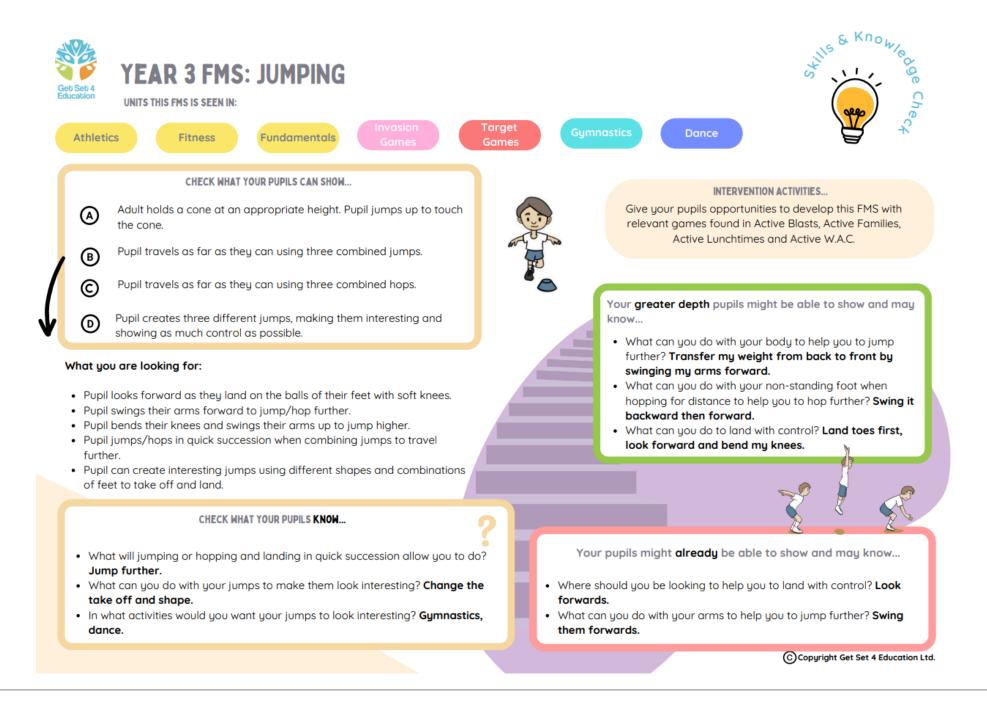
- Why is it important to stand in a ready position when preparing to catch? A ready position helps me to stay balanced and ready to move quickly in any direction. It allows me to react faster, increasing my chances of catching the ball.
- What is the correct hand position and action to take when you are about to catch a ball that's been thrown towards you?
   Hold my hands out with my fingers wide. As the ball comes towards me, use my hands to cushion the catch by pulling the ball into my chest to secure it.
- When catching a ball on the move, what should you do to make sure you catch it successfully? Watch the ball, move my feet to get in line with it.

Your pupils might already be able to show and may know

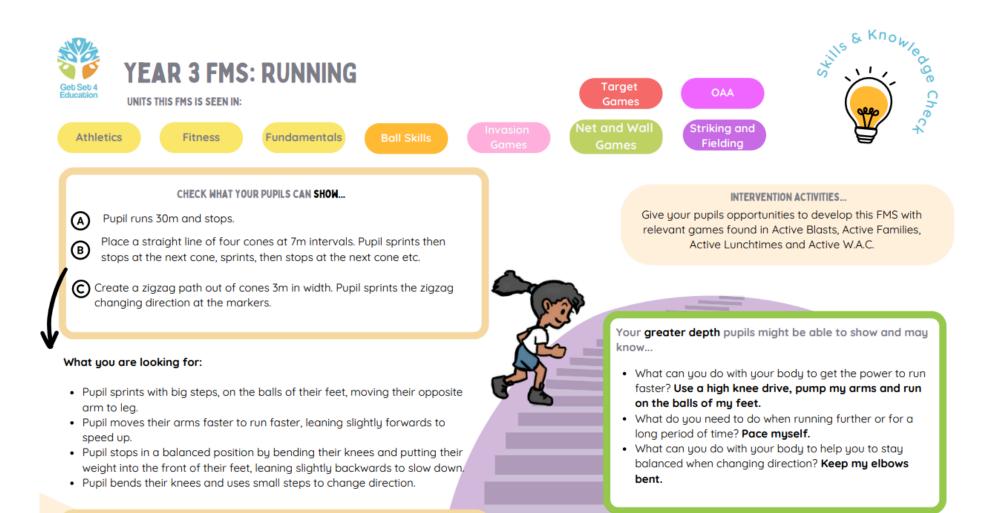
- What is the best way to catch a ball? Begin in a ready position. Hold my hands out. Use wide fingers and bring the ball into my body.
- Why should you move your body to the ball instead of just reaching out with your hands? It helps me to get in to the best position to catch the ball easily.

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#### CHECK WHAT YOUR PUPILS KNOW ...

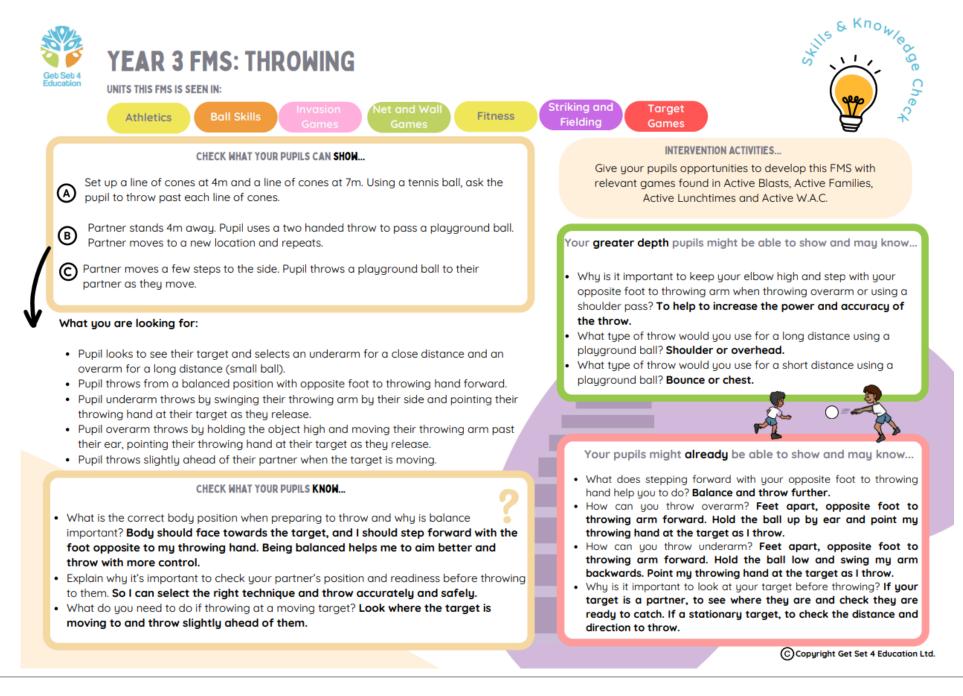
- What can you do with your body to speed up? Lean slightly forwards.
- What can you do with your body to slow down? Lean slightly backwards.
- Can you give me an example of when changing direction is useful in everyday life? **E.g. dodging out of the way of someone / thing.**

Your pupils might **already** be able to show and may know...

- What can you do to stop safely? Bending my knees will help me to stop in a balanced position.
- What can you do with your body to run faster? Run on the balls of my feet, take big steps and have my elbows bent.
- What can you do to help you to change direction? Use small steps.

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Our Lady