

Observe Move Dodge



Purpose

Our 'Observe Move Dodge' unit has an important focus on children's movement skills. Children will develop their understanding around when, how and why to move in order to evade defenders.

Within this unit, children will have lots of opportunities to work on attacking and defending with the hope of transferring these skills into later invasion games units. It will provide children with the opportunity to develop their understanding of space, whilst varying their speed and direction

Key Success Criteria

Observe
Identifying a space to move into

Identifying spaces that need avoiding

Moving safely around the area

Move
Different situations need different movements

Changing 'gears' can help me to evade defenders

Changing direction can help me to evade defenders

Dodge
Observing and moving are key skills when dodging

Working together can help when dodging

Exaggerating body movements to trick the defender

Development Matters

Observe
'Notice differences between people'

'Encourage focused observation'

'Safely negotiate space'

Move
'Experiment with different types of moving'

'Encourage children to become more confident, competent, creative and adaptive movers'

'Revise and refine the fundamental movement skills they have already acquired'

Dodge
'Experiment with different types of movement'

'Negotiate space successfully, adjusting speed or changing direction to avoid obstacles'

Strike

React

Rally



Purpose

Our 'Strike React Rally' unit aims to develop the children's hand eye coordination and gross motor skills. Children will work individually and in collaboration with classmates to explore a variety of ways of sending and receiving different objects.

Children will have many opportunities to develop different types of movements whilst participating in contextualised games. We aim to use this unit as a tool to introduce challenge, competition and collaboration, in the hope that children begin to understand that joy comes in many different forms..

Key Success Criteria

Strike

Keep your eyes on the incoming object

Decide as early as possible what technique you want to use

Practise lots

React

Forward think

Bounce on the balls of your feet

Focus on your partner's body position

Rally

Enjoy working with your partner

Communicate with your partner and decide together how you would like to play

Add challenge and praise each other

National Curriculum

'Develop simple tactics for attacking and defending.'

'Engage in competitive and co-operative activities.'

'Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.'

Challenging Yourself



Purpose

Our 'Challenging Yourself' theme aims to focus on the attitude, skills and interactions needed to 'beat your own score' or 'achieve your personal best', either individually or as part of a team. A key part to this theme is also supporting and encouraging others to do the same.

This unit will build children's understanding around adjusting PE tasks to suit children's own level of confidence and perceived ability. We will also explore how feelings like excitement, focus, boredom, determination and fulfilment change when we have the autonomy to amend the level of difficulty.

Key Success Criteria

Being brave and trying something more difficult

Recognise how being challenged affects feelings, confidence and motivation

Supporting each other to choose more difficult options

Achieving a personal best as an individual and within a team game

Creating and using different levels of difficulty

National Curriculum

'Enjoy communicating, collaborating and competing with each other.'

'Compare their performance with previous ones and demonstrate improvement to achieve their personal best.'

'Learn how to evaluate and recognise their own success.'

'Develop an understanding of how to improve in different physical activities and sports.'

Evaluating Success



Purpose

Our 'Evaluating Success' theme aims to encourage children to think about how closely linked practise, progress and success are. Children will have the opportunity to identify areas of their movement journey that they wish to improve, and then, along with their PE teacher, co construct their own plan of action.

Within this unit, children will be free to explore and work towards forming their own personal narrative around PE and success. Children will have lots of opportunities to decide how they wish to engage with the activities and then decide what success looks like for them.

Key Success Criteria

Planning tactics and strategy

Reviewing and reflecting, then trying again

Transferring learning from one context to another

Understanding that failure brings you closer to success

The only comparison to make is with yourself

National Curriculum

'Enjoy communicating, collaborating and competing with each other.'

'Compare their performance with previous ones and demonstrate improvement to achieve their personal best.'

'Learn how to evaluate and recognise their own success.'

'Develop an understanding of how to improve in different physical activities and sports.'