

What prior knowledge should students have?

- Throwing a ball towards an intended target.
- Sending and receiving a ball in different ways with control and increased accuracy.
- Being able to move and stop confidently.
- Begin to use a range of equipment safely.
- The basic technique for overarm and underarm throws.

What skills will students learn? (Disciplinary Knowledge)

- Children will use basic movements (running, jumping, throwing, catching, balance, agility and coordination) through a variety of different activities.
- The children will develop their understanding on why being active is important.
- To understand how to co-ordinate their upper and lower bodies to be able to skip effectively.
- To use their understanding of skipping and linking it to a routine.

What key knowledge will be taught? (Substantive Knowledge)

- Identifying the fundamental movements skills for a variety of games. Analysing the correct technique for a specific game.
- Evaluating their success of the activity they have taken part in and identifying areas of improvement.
- Children will be able to improvise their own games using a variety of equipment.

Key Vocabulary	Definition
Active	Taking part in activities that require physical movement.
Agility	The ability to move quickly and easily.
Balance	The ability to maintain your body in a state of equilibrium.
Coordination	The ability to control the movements of your body.
Sequence	A series of movements that are performed in a specific order.
Jumping	The act of rising into the air from a standing position.

Health benefits terminology.

Stronger body: Being active helps your body grow strong bones and muscles. This will help you move around easily and play with your friends.

Healthy heart: Being active helps your heart stay healthy. This will help you live a long and happy life.

Good mood: Being active helps you feel happy and relaxed. It can also help you sleep better at night.

Good balance: Being active helps you stay balanced and not fall over. This is important as you get older.

Fun: Being active is fun! There are many ways to be active, so you can find something you enjoy.

