

Prior Learning

Increased stamina and core strength. Worked collaboratively on more complex tasks. Worked to improve strength, balance, agility and coordination.

Unit Focus

Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control.

We are learning...

1. to move quickly whilst being aware of others around.
2. to create power with our legs to turn at speed.
3. to move through an obstacle course with speed and control.
4. to choose the best throw for different situations.
5. to use quick feet whilst sprinting.
6. to perform static and dynamic balances.

Key Questions

1. What is a static and dynamic balance?
2. What games might you need to have quick feet in?
3. How do different starts affect sprinting?

Equipment

A variety of balls, hoops, bean bags, quoits, throw-down markers, foam javelins, balloons, stopwatches, measuring tape, skipping ropes, and low hurdles.

Vocabulary

Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.

Rules

- Wait for a command before you start.
- Be aware of others around you.

Assessment Overview

Head - Make choices about appropriate throws for different activities.
Hand - Show increased control of body and limbs.
Heart - Work cooperatively to complete running, jumping and throwing tasks.

