



Physical Education

Health and Wellbeing Year 1

Unit Purpose

The unit of work will introduce pupils to **agility, balance** and **co-ordination**, understanding what they mean and why they are important.

Pupils will perform **circuits** to develop their **application** and understanding.

Inspire Me

“When it comes to **health and well-being**, regular exercise is about as close to a magic potion as you can get.”

By Nhat Hanh a Vietnamese Monk



Key Success Criteria

- P** Pupils will move showing agility, be able to remain balanced and apply coordination in activities and within circuit challenges.
- C** Pupils will demonstrate a basic understanding of agility, balance and coordination and why they are important.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their partners and support each other to complete the circuits.
- W** Pupils will demonstrate honesty and self belief as they try their hardest to improve their performances and keep their score.

Vocabulary for Learning

Attacker: We are considered an ‘attacker’ when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a ‘defender’ when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

Balance: Is the even distribution of weight enabling someone or something to remain upright and steady.

Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Hand-eye coordination: is the ability to use our hands and eyes at the same time to perform and accomplish a given task, such as catching a ball.

Throwing: means using your arm/hand to propel a ball with force through the air to a specific target or area.

Aiming: means how we use our bodies to direct a ball or an object to a specific target.





Physical Education

Health and Wellbeing Year 2

Unit Purpose

The unit of work will consolidate pupils' understanding of **agility, balance** and **co-ordination**, applying these elements of fitness in a variety of activities.

Pupils will perform circuits, understanding how **motivation** can enhance **performance**.

Inspire Me

"Never let your head hang down. Never give up and sit down, always try to find another way."

By Satchel Paige a Baseball Player



Key Success Criteria

- P** Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges.
- C** Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important.
- S** Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits.
- W** Pupils will apply honesty and self belief as they continue to improve their performances and keep their score.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. We are also an attacker when we are trying to avoid being caught by a defender.

Defender: We are considered a 'defender' when we are not in possession of the ball or we are trying to catch an attacker.

Agility is the body's ability to move quickly and easily in different directions.

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Coordination: Is the ability to use different parts of the body together efficiently.



Sport Specific Vocabulary

Dribbling: is a method of moving with the ball using our hands or feet. The attacker in possession of will continuously bounces the ball with their hands or kick the ball keeping it close to them with their feet.

Warm Up: Before taking part in a physical activity or a sport we need to prepare our body and mind for that activity. One of the reasons for a 'warm up' is to reduce the risk of injuring a muscle.

