

COMPETING EDSTART

Year 2 - Fundamental Movement Skills Object Control - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Dribble the ball with their feet, keeping it under control**
- **Dribble a ball with their hands in a stationary position**
- **Pass the ball over a short distance using a variety of techniques**
- **Use their bodies to protect the ball against the defender**
- **Dodge a defender using a variety of different techniques**
- **Know what technique is needed depending on the game and/or ball**
- **Understand basic rules of games and follow them**
- **Dodge a defender using a variety of different techniques**
- **Dodge and avoid players on the opposite teams**
- **Understand the difference between rolling, bouncing and throwing**

Learning Objective

Learning Outcomes

1 To move and change direction quickly and under control whilst avoiding a variety of obstacles and equipment

Children can:

- Move their feet quickly whilst running
- Change direction quickly and under control
- Understand what being agile means and can show this safely and under control
- Use more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)

2 To dribble a ball using their hands against an opponent

Children can:

- Dribble a ball with their hands in a stationary position
- Understand how they need to bounce the ball to keep control
- Play against an opponent and understand how to keep the ball under control
- Use their bodies to protect the ball against the defender

3 To dribble a ball using their feet against an opponent

Children can:

- Dribble a ball with their feet, keeping it under control
- Move in a variety of directions whilst keeping the ball under control
- Emulate actions and movements when demonstrated by the coach/teacher

4 To dodge an opponent whilst running and change direction quickly

Children can:

- Dodge a defender using a variety of different techniques
- Move away from crowded areas into space
- Change direction quickly, make sharp turns and off balance the person trying to defend them
- Adapt changes in direction and speed in varied situations

5 To understand rolling, bouncing, throwing and catching using various sized balls

Children can:

- Understand the difference between rolling, bouncing and throwing
- Throw various objects over short and long distances
- Watch the flight/path of an object and stop it
- Pass the ball over a variety of distances and know how hard it needs to be passed
- Use basic throwing, rolling and bouncing techniques to hit large targets

6 To select various pieces of equipment and come up with and play small multi skilled games

Children can:

- Know what equipment can be used for to create multi skilled games
- Organise small games and play to set rules they have created
- Play small games using the skills learnt throughout the term
- Understand basic rules of games and can follow them

Assessment Mark

Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can emulate actions and movements when demonstrated by the coach/teacher

On Target

- Can perform a range of movements (Jogging, skipping, jumping, side stepping, etc.)
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Can pick up and put down objects with ease and accuracy
- Can use basic throwing techniques

Above Target

- Moves confidently
- Can adapt changes in direction and speed in varied situations
- Uses more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)
- Utilises space in order to achieve success
- Can identify changes in their own body as an effect of exercise
- Can use basic throwing, rolling and bouncing techniques to hit large targets

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.