

**OBJECTIVES**

Children should learn:-

- To remember, repeat and link combinations of actions with greater control and co-ordination.
- To choose equipment to help them meet the challenges set.
- To describe what their bodies feel like during exercise.
- To watch and describe what others have done.

**UNIT FRAMEWORK**

- (a) Introduction to mobility exercises and children incorporating them into their warm-ups.
- (b) Engaging in a variety of pulse-raising, running and avoiding games to further develop co-ordination and control of their bodies in space.
- (c) Developing basic techniques of:-
  - push-throw and push-bounce.
  - sprinting technique - isolating different elements.
  - throwing for distance.
  - even pacing between obstacles.
  - jumping for distance using different patterns and take-offs and landings.
  - push throw with a bounce.
- (j) Working co-operatively with a partner, counting, timing, problem-solving and simple peer assessment.
- (k) Exploring and experiencing the use of a range of equipment, different body positions, different types of take-off and landing and understanding how they can affect the success of an activity.
- (l) Working together to follow the rules of a game, relay or event.

**EXPECTED LEARNING OUTCOMES**

By the end of this unit most children will be able to:-

- demonstrate a range of take-offs and landings and combine some of them into patterns of jumping.
- show the difference between running at speed and jogging and be able to maintain a steady rhythm.
- take part in a relay activity.
- throw with increasing accuracy using a variety of games equipment.
- use different techniques for running, jumping and throwing.
- describe what happens to their heart-rate and temperature when they have been active.
- explain what is successful and what they have to do to perform better.