



Physical Education

BODY MANAGEMENT

YR

Unit Focus:

Explore balance and managing own body. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.

Prior Learning:

- Can stand and balance for short periods on one foot.
- Can climb stairs move over large and small steps.
- Can use hands and feet to negotiate obstacles.

Concepts:

- Bridges - We can make bridges with our bodies in a variety of ways, 4- point bridges with our feet and hands, tummy facing up or down, 3- point bridges with 2 hands and one foot etc.

Activity example:

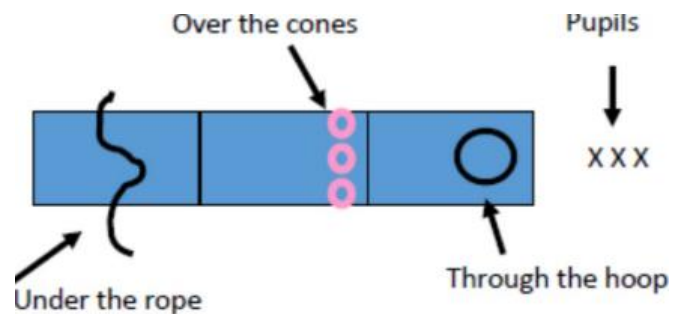
Bring the mats together so they are in strips and group pupils together in small groups of 3/4. Set up a simple obstacle challenge along the mat. Set the challenge for the pupils to move through the obstacle challenge without dropping their beanbag.

Extension:

- 1) Change the body parts they balance the beanbag on e.g. head, back of hand to make harder/easier.
- 2) Change the way they move through the course e.g. walk, crawl, crab walk, etc.

Key Vocabulary/Skills:

Follow balance obstacle challenge.	Climb, step, feet, alternate,
Work with others to move through hoops.	one foot, balance,
Reach and stretch to retrieve and place objects.	stand, stop, reach, stretch,
Steps, strides, hops, bounces, bridges & tunnels.	hold, carry, touch,
Use a variety of ways of travel over apparatus.	crawl, jump, roll.



Inspiring Individuals



Louis Antoine Smith
(1989 - present)



Jackie Joyner-Kersey
(1962 - present)

Equipment

Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches.

Key Questions

1. Describe a difference between a small and a tall shape.
2. Were there any ways in which it was harder to climb over/ on to e.g. feet first?
3. Which body parts did you balance on to make your bridges?