



# 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.

