

Outdoor PE

Overview:

In our outdoor PE, we will be learning about balancing and jumping. We will explore how to develop and improve our balancing and jumping skills through different movements and techniques. In doing so, we will be trying to improve our coordination. We will also be practising rolling, throwing and catching a ball.

What I already know...

I know I have to use my arms to help me balance.

I know I have to push off the floor to jump.

I know I have to put my arms out to catch.

By the end of this unit...

I will be able to develop and improve my balancing skills through different movements.

I will be able to practice basic jumping techniques and improve coordination.

I will be able to roll a ball with control.

I will be able to throw and catch with control.

Key Vocabulary

Balancing	Jumping	Rolling
Skills	Coordination	Catch
Movement	Techniques	Throw

Key Questions

How can we balance?

Can you balance on your tip toes?

Can you jump in the air?

What two ways can we throw a ball?

How can we catch with control?

