**Year Group 2**

**Multi Skills Unit**

|  |  |  |
| --- | --- | --- |
| **Objective** | **Planning links** | **Resources** |
| **Acquisition** |  |  |
| 1. To explore static balancing and understand the concept of bases. | This unit enables the pupils to explore balance, combining movement and challenging co-ordination.  Lesson plans for the 6 objectives can be found in the additional resources section. | Resources are stated for every lesson on lesson planning. |
| 2. To combine a number of co-ordination drills using upper and lower body movements. |
| 3. To aim accurately using a variety of balls and equipment. To time their running so as to stop/intercept the path of a ball. |
| 4. To travel in different ways showing a clear transitions between moments. |
| 5. To travel in different directions (side to side, up and down) with control and fluency. |
| 6. To practice ABCs in the form of circuit stations |

**Year Group 2**

**Multi Skills Unit**

|  |  |  |
| --- | --- | --- |
| **Skills Acquisition**  **Objectives:**  1. To explore static balancing and understand the concept of bases.  2. To combine a number of co-ordination drills using upper and lower body movements.  3. To aim accurately using a variety of balls and equipment. To time their running so as to stop/intercept the path of a ball.  4. To travel in different ways, showing a clear transition between moments.  5. To travel in different directions (side to side, up and down) with control and fluency.  6. To practice ABCs in the form of circuit stations | | |
| **Minus** | **Equals** | **Plus** |