

Foundation – Unit 6 – Health and Fitness

Week	NC Objective	Focus	Remember (Prior knowledge)	Know (New Knowledge)
1 - 3	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	Agility Ball chasing	<ul style="list-style-type: none"> - To know how to roll a ball at different speeds so it comes back. - To know how to roll a ball with and without a bounce. - To know how to do the above with a partner. - To know how to roll a ball, chase and collect it in a balanced position facing the opposite direction. - To know how to chase a ball rolled by a partner and collect it in a balanced position facing the opposite direction. 	Over a distance of up to 10 metres and turning both ways: <ul style="list-style-type: none"> - To know how to throw a bouncing ball, chase and collect it in a balanced position facing the opposite directions. - To know how to chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.
4 - 6	<i>Develop balance, agility and co-ordination, and begin to apply these in a range of activities.</i>	Static balance Floor work	<ul style="list-style-type: none"> - To know how to get on all fours and stay very, very still. - To know how to lift up each hand, one at a time, to a beat. - To know how to lift up each knee, one at a time. - To know how to hold a mini front support position. - To know how to reach round and point to the ceiling with either hand in a mini front support. 	Maintaining balance throughout: <ul style="list-style-type: none"> - To know how to place a cone on my back and take it off with the other hand in a mini front support. - To know how to hold a mini back support position. - To know how to place a cone on my tummy and take it off with the other hand in a mini back support.