



# St George's Central CE Primary School and Nursery

Key Words	Definition
Balance	An even distribution of weight, remaining even and steady.
Agility	The ability to move quickly, fluidly and evenly.
Coordination	The ability to use different parts of the body together, smoothly and efficiently.
Contact Point	Parts of the body which touch the ground/object when performing a balance.
Accuracy	The art of being close and precise.
Fluency	To complete a task smoothly and accurately.
Technique	The way in which something should be done.

Coaching Points
Personal best – As the majority of key skills can be practised individually, encouraging children to beat their personal best (i.e. number of catches in a minute) is a useful strategy.
Equipment – This is key in providing differentiation. Balloons, for instance, can be fantastic for practising throwing, catching and kicking at an early age. There are throwing and catching sets available that provide a range of resources to cater for different abilities.
Peer Review – Children should be coached how to review themselves as well as each other. Strategies such as 2 stars and a wish can be useful, but children will need to be taught how to give feedback that is effective and constructive.



*Lessons should focus on a particular key skill, a breakdown of which can be found in the key skill booklet on the shared drive. Each skill can then be applied to small game situations.*

- Assessment Focus
- Move safely into space
  - Move and stop safely
  - Follow rules
  - find and use space during a game
  - Discuss differences in technique

**'Never settle for less than your best'**

*Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12*