



St George's Central CE Primary School and Nursery

Key Words	Definition	Coaching Points	
Balance	An even distribution of weight, remaining even and steady.	Mental coaching - A large part of this unit is based around decision making - is it better to go faster or steadier? Children should begin to adapt their decision depending on the task.	
Agility	The ability to move quickly, fluidly and evenly.	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.	
Coordination	The ability to use different parts of the body together, smoothly and efficiently.	Self awareness – children should be encourage to be more aware of the actions they are making and how it affects them. Questioning is important in this.	
Base	A place where a player is trying to get to	Key Questions	
Target	The object/ area that someone is aiming at	<i>What did it feel like to lose balance?</i>	<i>What did you do to remain stable?</i>
Co-ordination	the ability to use different parts of the body together smoothly and efficiently	<i>What is the easiest way to travel?</i>	<i>When would you travel like this in sport?</i>
Movement Pattern	Movements that involve basic motion or transfer of weight such as walking, bending, reaching, running, squatting etc	<i>What did you do to win the race?</i>	<i>How could you do that better next time?</i>
		<i>Which skills did you need in that game?</i>	<i>What did your team do well?</i>



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