

Sport and Exercise – Get Going 2 - Unit 11

Mobility Flow

 **Sessions:** 6 sessions  **Subject:** Sport and Exercise

TOPICS

- Joint range
- Smooth transitions

KNOWLEDGE

- Moving joints through full range keeps them healthy.
- Smooth flow links moves without jerks.
- Breathing steady supports control.

SKILLS

- Circle ankles wrists hips.
- Transition from crouch to stand slowly.
- Link 5 movements into short routine.

INCLUSION (DIFFERENTIATION)

- Stretch: hold deep squat for 20 sec.
- Support: use chair support for transitions.

KEYWORDS

mobility, joint, flow, balance, squat, pass

TEACHING IDEAS

Circle each joint 10 times each direction.
Move from hands and knees to stand and back slowly.
Create a 5 move flow and repeat 3 times.
Use a simple timer and repeat short activity intervals with rest in between; note how effort feels on a 1–5 scale.
If space is small, adapt movements to be on the spot (e.g. marching, balance holds, shadow passes).
Keyword help:
Balance: keeping the body steady without wobbling or falling.
Squat: bending hips and knees to lower the body and stand again, keeping knees over toes.
Pass: send the ball to a teammate using feet or hands, depending on the sport.

BOOK RESOURCES

CGP GCSE Physical Education - Section Three: Physical Training - Preventing Injuries (Page 63)