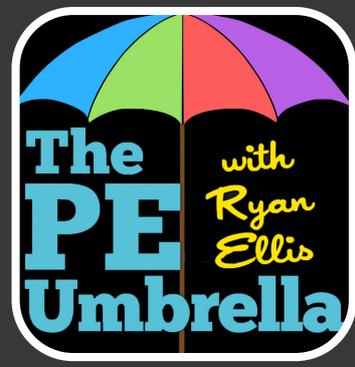




The Umbrella Method



Let's Start With Why?

The Umbrella Method

Before we get into the nitty gritty, let's start with the 'WHY' behind this program and how it came to be.

As a Primary School Teacher and now Primary PE teacher, I have long seen the fundamental areas of children's physical development neglected.

Through no fault of their own, many children are arriving at Secondary School unprepared for the PE curriculum ahead and severely lacking in basic skills they need to access it.

This program is intended not as a stand-alone Primary PE Curriculum, but as a program that will supplement the already excellent teaching you are doing and help foster improvement.

Harsh Truths

Physical Development needs as much nurturing as anything else that children do in school. We 'rehearse' times tables, spelling and phonics daily, but rarely take the time to work on any fundamental physical skills. Taking into account many children will also be doing little if any of this at home, it's no wonder they are sometimes lacking come year 7! By working in time (5-10 mins) into your school day and following this program, your students can begin to construct their own Umbrella of Skills that they can access throughout their school career and the rest of their lives when needed.



ABC's



Jumping



Throw & Catch



Striking



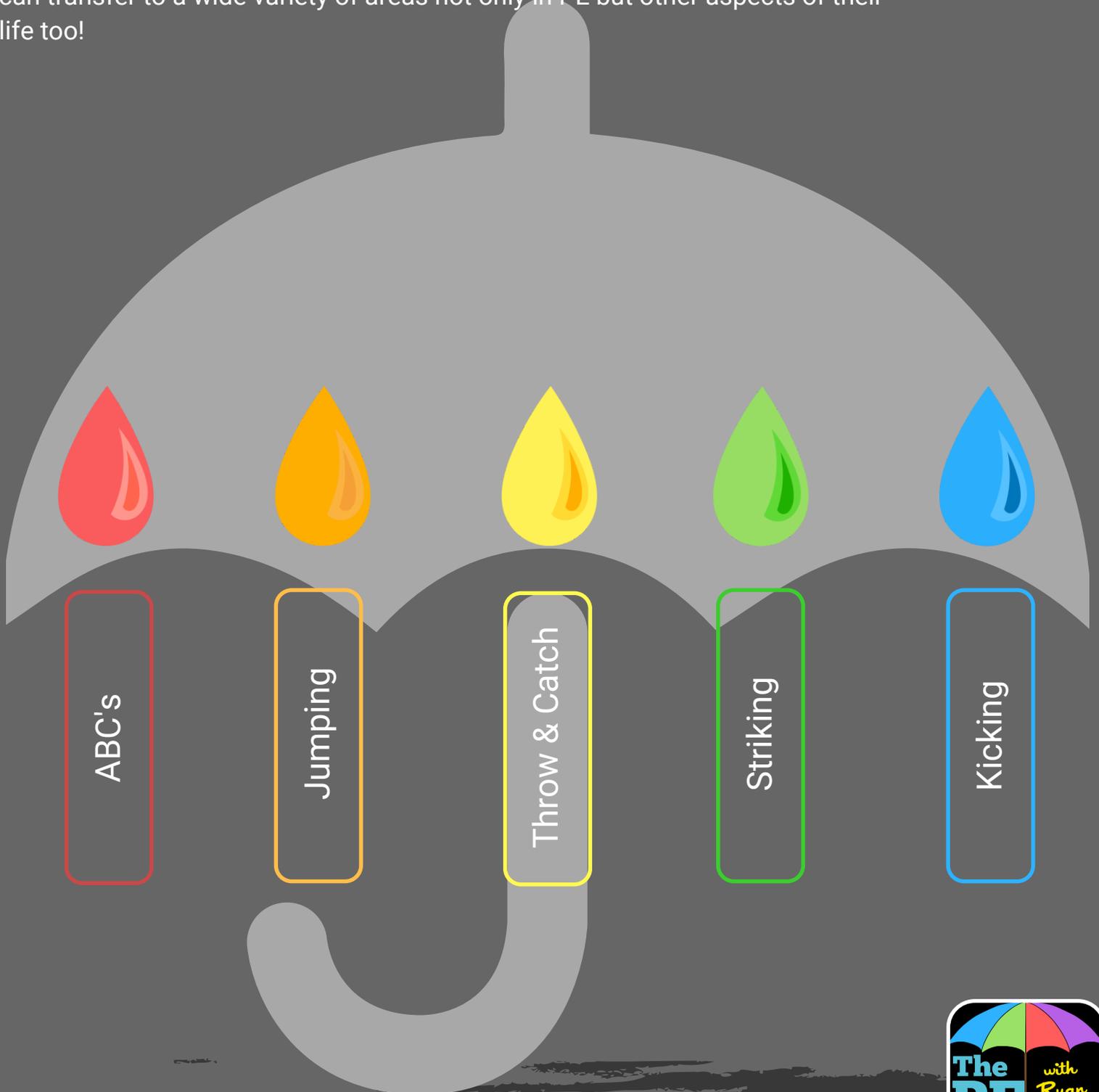
Kicking

What is it?



The Umbrella Method works on the concept that **'rehearsal makes permanent'**. This is a structured program covering 6 areas of fundamental skills, which, when embedded, support the continual development and growth of children's Physical Literacy journey as well as supporting their learning in the classroom through the forming of new pathways in the brain.

I see these fundamental skills as essential for all children to develop and master if they are to flourish and thrive in their Physical Literacy journey once they leave Primary School and long into adulthood. Taking on, and progressing through the steps in this pack will help your children develop skills that they can transfer to a wide variety of areas not only in PE but other aspects of their life too!

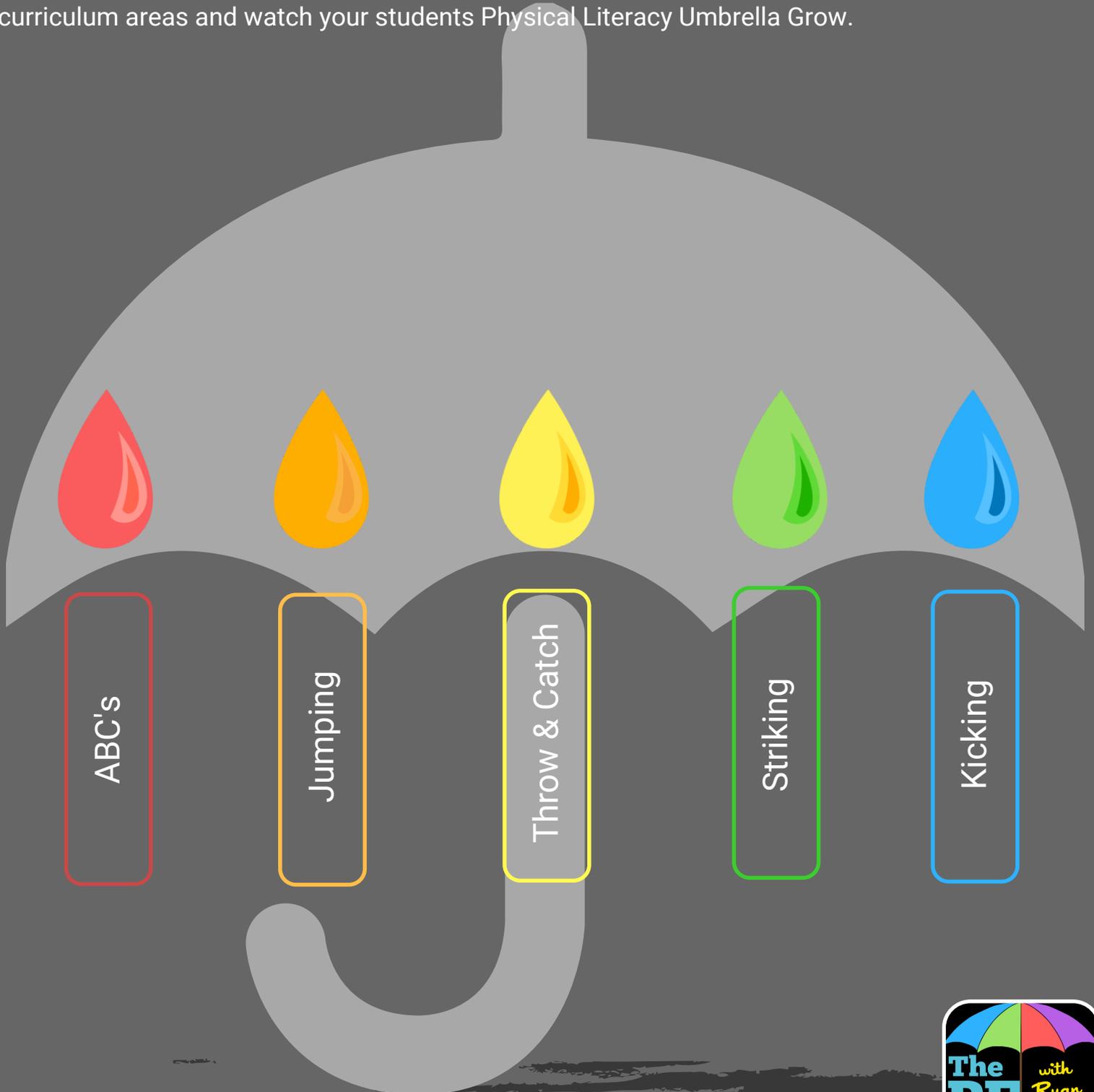


When Should I use it?



As is the case for everything, you have to DO something to get better at it. It is said that to become an 'expert' at something there is a '10,000' hour rule that applies. Repetition of a fine skill is nothing new in schools. Take spelling, times tables, phonics. All vital skills for sure, and all repeated daily in a school environment.

The Umbrella Method is no different. Little and often in your timetable is preferred. First 5 minutes in the morning, just before playtime, straight after lunch (have some bean bags and balls to hand in the classroom) or even as a warm up to your PE lesson. Build in time to master these skills as we do other curriculum areas and watch your students Physical Literacy Umbrella Grow.

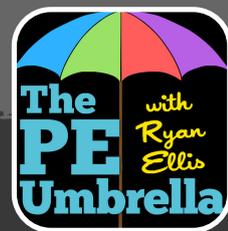


ABC's

Agility, Balance, Co-ordination



www.peumbrella.com





Red Level



Name: _____

I can balance on one foot for 5 seconds

Right foot
Left Foot

ME

Teacher

I can walk forwards across a bench without losing my balance

I can balance a beanbag on my head and walk for 10 seconds

I can do elbow to knees (crossing the midline)

x10



Orange Level



Name:

I can balance on one foot for 10 seconds

Right Foot
Left Foot

ME	Teacher
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I can move in and out of 5 cones (in a line) without touching them

Forwards
Backwards

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I can walk backwards across a bench without losing my balance

<input type="text"/>	<input type="text"/>
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I can transfer an object from one side of my body to the other (while sitting) using my opposite hand (crossing the midline)

x10

<input type="text"/>	<input type="text"/>
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Yellow Level



Name: _____

I can transfer an object from one cone to another

Right Hand x 10
Left Hand x 10

ME	Teacher

I can balance a ball on a racket/paddle for 10 seconds while standing still

Right Hand
Left Hand

I tap alternate feet onto a dome/cone without losing my balance

x20

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I can roll a ball away from my body and retrieve it

Right Hand x5
Left Hand x5



Green Level



Name: _____

I can balance a ball on a racket/paddle for 10 seconds while walking

Right Hand
Left Hand

ME	Teacher

I can dribble an object (beanbag/ball) in and out of 5 cones using my feet, (without touching any cones)

Right Foot
Left Foot

I can run in and out of a line of 10 cones without touching any of them

Forwards
Backwards

I can trap a ball that is rolled towards me using my foot

Right Foot x 3
Left Foot x 3



Blue Level



Name: _____

From sitting, I can roll a ball around my body x10 without losing control of it

- clockwise
- anti-clockwise

ME

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Teacher

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I can walk across an upturned bench without falling off

- Forwards
- Backwards

--

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I can bounce 2 balls at the same time (left and right hand)

- x 5 bounces

Il can perform a short rally with a partner, using a racket, over a marked line. The ball can only bounce once after each hit. Alternate forehand/backhand

- x10 shot rally

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Jumping





Red Level



Name: _____

I can speed bounce over a line 30x in 20 seconds (side to side)

Arms out
Arms up

ME	Teacher

I can speed bounce over a line 30x in 20 seconds (forward and backwards)

Arms out
Arms up

I can bounce up and down on the spot for 30 seconds without stopping

Arms out
Arms up



Orange Level



Name: _____

I can jump 2 footed and stick my landing inside a hoop 2 footed.

Jump forwards x5
Jump backwards x5

ME	Teacher

I can jump 2 footed and stick my landing onto a poly spot.

Forwards x5

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I can jump 2 footed and stick my landing inside a hoop on 1 leg.

Right Leg x5
Left Leg x5

I can jump 2 footed and stick my landing on 1 leg onto a poly spot.

Any leg x5

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Yellow Level



Name: _____

I can hop from 1 foot and stick a landing on 2 feet inside a hoop.

Right Leg x5
Left Leg x5

ME	Teacher

I can hop from 1 foot and stick a landing on 2 feet onto a poly spot

Right Leg x5
Left Leg x5

I can hop up and down on one leg.

Right Leg x20
Left Leg x20



Green Level



Name: _____

I can hop side to side on the same leg

Right Leg x10
Left Leg x10

ME	Teacher

I can hop sideways from 1 leg to the other

x20

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I can hop sideways on the same leg

Right Leg x10
Left Leg x10

I can speed bounce over a small obstacle for 30 seconds

x50

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Blue Level



Name: _____

I can jump 2 footed and stick a landing 2 footed onto a bench.

Forwards x5
Sideways x5

ME	Teacher

I can Jump over a bench and stick my landing (2 foot to 2 foot)

x3

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I can Jump 2 footed and stick a landing onto a bench on 1 leg.

Right Leg x3
Left Leg x3



Black Level



Name: _____

I can hop from 1 leg and stick a landing to 2 feet onto a bench

Right Leg x5
Left Leg x5

ME	Teacher

I can hop from 1 leg and land on the same leg onto a bench

Right Leg x5
Left Leg x5

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Throw & Catch





Orange Level



Name: _____

		ME	Teacher
I can perform a Standing Throw & Catch (2 hands to 2 hands)	Beanbag x20 Tennis Ball x20		
I can perform a Standing Throw & Catch (1 hand to same hand)	Beanbag x20 Tennis Ball x20		
I can perform a Standing Throw & Catch (1 hand to other hand)	Beanbag x20 Tennis Ball x20		
I can Bounce to Catch (2 to 2 hands)	Large Ball x10 Tennis Ball x10		
I can Bounce to Catch (1 hand to same hand)	Large Ball x10 Tennis Ball x10		
I can Bounce to Catch (1 hand to other hand)	Large Ball x10 Tennis Ball x10		
I can Under Arm throw to hoop from 3 steps away	Bean Bag Right hand (5 out of 5) Bean Bag left hand (5 out of 5)		
I can Under Arm throw to 3 different hoops (3 steps away)	Bean Bag Right hand (3 out of 3) Bean Bag Left hand (3 out of 3)		



Yellow Level



Name: _____

		ME	Teacher
I can Throw & Catch Above my Head (2 hands to 2 hands)	Beanbag x10 Tennis Ball x10		
I can Throw & Catch Above my Head (1 hand to same hand)	Beanbag x20 Tennis Ball x20		
I can Throw & Catch Above my Head (1 hand to other hand)	Beanbag x20 Tennis Ball x20		
I can Bounce to Catch (2 to 2 hands)	Large Ball x20 Tennis Ball x20		
I can Bounce to Catch (1 hand to same hand)	Large Ball x20 Tennis Ball x20		
I can Bounce to Catch (1 hand to other hand)	Large Ball x20 Tennis Ball x20		
I can Under Arm throw to hoop from 5 steps away	Bean Bag Right hand (5 out of 5) Bean Bag left hand (5 out of 5)		
I can Under Arm throw to 3 different hoops (5 steps away)	Bean Bag Right hand (3 out of 3) Bean Bag Left hand (3 out of 3)		



Green Level



Name: _____

I can Throw & Catch Standing (2 to 2)

Beanbag x35
Tennis Ball x35

ME	Teacher

I can Throw & Catch Standing (1 to same)

Beanbag x35
Tennis Ball x35

I can Throw & Catch Standing (1 to other)

Beanbag x35
Tennis Ball x35

I can Throw & Catch Above my Head (2 to 2)

Bean Bag x20
Tennis Ball x20

I can Throw & Catch Above my Head (1 to same)

Bean Bag x20
Tennis Ball x20

I can Throw & Catch Above my Head (1 to other)

Bean Bag x20
Tennis Ball x20

I can Overarm Arm throw to a hoop from 10 steps away

Bean Bag Right hand (3 out of 3)
Bean Bag left hand (3 out of 3)

I can Overarm Arm throw to 3 different hoops (10 steps away)

Bean Bag Right hand (3 out of 3)
Bean Bag Left hand (3 out of 3)



Blue Level



Name:

		ME	Teacher
I can Throw & Catch Standing (2 to 2)	Beanbag x55 Tennis Ball x55		
I can Throw & Catch Standing (1 to same)	Beanbag x55 Tennis Ball x55		
I can Throw & Catch Standing (1 to other)	Beanbag x55 Tennis Ball x55		
I can Bounce to Catch (2 to 2)	Large Ball x35 Tennis Ball x35		
I can Bounce to Catch (1 to same)	Large Ball x35 Tennis Ball x35		
I can Bounce to Catch (1 to other)	Large Ball x35 Tennis Ball x35		
I can Overarm Arm throw to a hoop from 10 steps away	Bean Bag Right hand (5 out of 5) Bean Bag left hand (5 out of 5)		
I can Overarm Arm throw to 3 different hoops (15 steps away)	Bean Bag Right hand (3 out of 3) Bean Bag Left hand (3 out of 3)		



Black Level



Name: _____

I can Throw & Catch Above my Head (2 to 2)

Beanbag x55
Tennis Ball x55

ME	Teacher

I can Throw & Catch Above my Head (1 to same)

Beanbag x55
Tennis Ball x55

I can Throw & Catch Above my Head (1 to other)

Beanbag x55
Tennis Ball x55

I can work with a partner Pairs Move & Catch (Left & Right)

2 Hands x35
1 Hand x20

I can work with a partner Pairs Move & Catch (Forward & Backwards)

2 Hands x35
1 Hand x20

I can Throw & Catch (any combination)

Tennis Ball x75

I can overarm Arm throw to a hoop from 15 steps away

Bean Bag Right hand (3 out of 3)
Bean Bag left hand (3 out of 3)

I can bounce & catch (Any Combination)

Tennis Ball x55

Striking





Red Level



Name: _____

I can hit a ball in the air using the palm of my hand, with as many bounces in between each hit as I want

Right Hand x5
Left Hand x5

ME	Teacher

I can hit a ball in the air using the palm of my hand, with one bounce between each hit

Right Hand x5
Left Hand x5

I can hit a ball in the air using the palm of my hand, with one bounce between each hit

Right Hand x10
Left Hand x10



Orange Level



Name: _____

I can hit a ball in the air using the palm of my hand, with one bounce between each hit.

Right Hand x20
Left Hand x20

ME	Teacher

I can hit a ball in the air using the palm of my hand, with one bounce between each hit.

Alternate Hands x20

I can hit a ball in the air using the palm of my hand without it bouncing at all.

Right Hand x10
Left Hand x10

I can hit a ball in the air using the palm of my hand without it bouncing at all.

Alternate Hands x10



Yellow Level



Name: _____

I can hit a ball with the palm of my hand into a hoop on the floor

Right Hand x 5
Left Hand x5

ME	Teacher

I can hit a ball with the palm of my hand towards a partner for them to catch

Right Hand x5
Left Hand x5

I can perform a short rally with a partner, hitting with the palm of my hand. The ball can only bounce once after each hit.

x10 shot rally



Green Level



Name: _____

I can hit a ball in the air with a racket, having as many bounces as I want between each hit

Forehand x10
Backhand x10

ME	Teacher

I can hit a ball in the air with a racket with one bounce between each hit.

Forehand x 10
Backhand x 10

I can hit the ball in the air with a racket continuously with no bounces between each hit.

Forehand x 10
Backhand x10

I can hit the ball in the air with a racket, no bounces between each hit. I can alternate between forehand and backhand sides.

x10



Blue Level



Name: _____

I can hit a ball in the air with a racket continuously with no bounces between hits

Forehand x20
Backhand x20

ME	Teacher

I can bounce the ball into the floor using my racket strings continuously

x 10

I can perform a short rally with a partner, using a racket, over a marked line. The ball can only bounce once after each hit

x 10 shot rally

Il can perform a short rally with a partner, using a racket, over a marked line. The ball can only bounce once after each hit. Alternate forehand/backhand

x10 shot rally



Black Level



Name: _____

can perform a short rally with a partner, using a racket, over a marked line. The ball can only bounce once after each

Forehand x20 shots
Backhand x20 shots

ME	Teacher

I can bounce the ball into the floor using my racket strings continuously

x 25

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I can perform a short rally with a partner, using a racket, over a net/bench. The ball can only bounce once after each hit

x 20 shot rally

Il can perform a short rally with a partner, using a racket, over a net/bench. The ball can only bounce once after each hit. Alternate forehand/backhand

x30 shot rally

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Kicking





Red Level



Name: _____

I can kick a stationary ball through a central target (2m in diameter) from 5 paces away. 3 in a row.

Right Foot (Inside)
Left Foot (Inside)

ME	Teacher

I can kick a stationary ball through a central target (2m in diameter) from 5 paces away. 3 in a row

Right Foot (outside)
Left Foot (outside)

I can kick a moving ball (rolling towards you) through a central target from 5 paces away. 3 in a row.

Right Foot (Inside)
Left Foot (Inside)



Orange Level



Name: _____

I can kick a stationary ball through two wide targets, each 2m in width. 4 in a row.

Right Foot (Inside)
Left Foot (Inside)

ME	Teacher

I can kick a stationary ball through two wide targets, each 2m in width. 4 in a row

Alternate Feet

I can kick a moving ball (rolling towards you) through two wide targets. 3 in a row.

Right Foot (Inside)
Left Foot (Inside)

I can kick a moving ball (rolling towards you) through two wide targets. 3 in a row.

Alternate Feet



Yellow Level



Name: _____

3 Cone Hit Challenge.
I can hit 3 cones,
spaced apart, five
paces away.

Right Foot (Inside)
Left Foot (Inside)

ME	Teacher

3 Cone Hit Challenge.
I can hit 3 cones,
spaced apart, five
paces away.

Right Foot (outside)
Left Foot (outside)

3 Cone Hit Challenge (Ball
rolling towards you). I can
hit 3 cones, spaced apart,
from five paces away.

Right Foot (Inside)
Left Foot (Inside)



Green Level



Name: _____

I can kick a bouncing ball (from own hands) through a central target. 5 in a row

Right Foot (Inside)
Left Foot (Inside)

ME	Teacher

I can kick a bouncing ball (from own hands) through a central target. 6 in a row

Alternate Feet

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I can kick a bouncing ball (from own hands) through two wide targets. 5 in a row

Right Foot (Inside)
Left Foot (Inside)

I can kick a bouncing ball (from own hands) through two wide targets. 6 in a row

Alternate Feet

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Blue Level



Name:

I can kick a bouncing ball (from own hands) landing into 3 hoops spaced apart horizontally

Right Foot (Inside)
Left Foot (Inside)

ME	Teacher
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I can kick a bouncing ball (from own hands) landing into 3 hoops that are different distances away

Alternate Feet

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I can kick a stationary ball through a central target (2m wide) from at least 10m away. 5 in a row.

Right Foot (Laces)
Left Foot (Laces)

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I can kick a stationary ball through a central target (2m wide) from at least 10m away. 6 in a row.

Alternate Feet

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



Black Level



Name: _____

I can kick a moving ball through a central target (2m wide) from at least 10m away. 5 in a row.

Right Foot (Inside)
Left Foot (Inside)

I can kick a moving ball through a central target (2m wide) from at least 10m away. 5 in a row.

Alternate Feet

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