

Prior Learning: In Early years, children were introduced to basic fitness, working on a variety of fundamental skills including running, jumping, dancing, hopping, skipping and climbing. These supported the development of their balance, agility and co-ordination skills.

Key Skills

Physical Me

Co-ordination

Jump, step, hop, bounce

Balance

Walk, run, jog

Value Me:

- Perseverance
- Positivity

Thinking Me

- How can I improve?

Social Me

- Co-operation
- Encouraging others
- Communicate
- Listening

Key Vocabulary

Balance

Exercise

Jump

Moving

Bounce

Body

Faster

Score

Heart

Key Knowledge

Balance: Is the ability to hold your body upright and steady, without falling down.

Exercise: Is playing and being active e.g. running, climbing and riding a bike

Heart: The heart muscle is special because of what it does.
The heart sends blood around your body

