

Learning: In this unit, children will experiment with different ways of moving around a given area, and learn how to negotiate space and to be safe when moving. They will be introduced to basic co-ordination skills with a balloon and ball and also begin balancing objects on their body.

Key Skills

Physical Me

- Run
- Balance
- Jump
- Agility
- Throw
- Co-ordination
- Hop
- Walk
- Skip
- Bounce
- Throw
- Catch

Value Me:

- Self belief
(I can do this)

Thinking Me

- To remember new skills

Social Me

- Taking turns
- Listening
- Teamwork

Physical Development

Gross Motor Skills ELG

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination
- Move energetically, such as running, jumping, hopping and skipping

Key Vocabulary

Safe

Space

Bounce

Push

Pat

Throw

Catch

Roll

Key Knowledge

Space- It is important to find a safe space in the hall /area on your own.

- When moving, try and find a space that you can run, skip, hop, jog into.
- When moving around, look out for your friends

Catching - Spread your fingers as wide as possible
- Make a basket with your hands to catch a ball/object

