

Learning: In Early Years, children will begin to develop the fundamentals of movement e.g. walking, running, jumping, hopping, skipping. They will begin to throw and catch a tennis ball and be introduced to balancing a ball on a racket.

Key Skills

Physical Me

Balance **Balance**

Agility **Agility**

Hopping **Running**

Throwing **Skipping**

Catching **Walking**

Co-ordination (Hand-eye)

Thinking Me

- To learn new skills

Value Me:

- Determination
Try, try, try again!

Social Me

- Take it in turns
- Listening

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

Throw

Catch

Trick

Side-Step

Target

Aim

Bounce

Balance

Hop

Key Knowledge

- Catching** - Spread your fingers as wide as possible
 - Make a basket with your hands to catch a ball/object
 - Watch the ball
- Throwing** - Look at your partner/target
 - Step forward as you throw the ball
 - Point your non-throwing hand to where you want the ball to go
- Balancing the ball on a racket** - Keep your wrist/s strong, to hold the racket
 - Look where you are going
 - Hold the racket like a frying pan, keep it flat

