

What should I already know?

- How to move around in big and small spaces.
- How to manipulate different objects e.g. zips, buttons etc.
- How to navigate different pathways including stairs.
- How to jump and land.

Key Knowledge & Skills

- To develop balancing.
- To develop running and stopping.
- To develop changing direction.
- To develop jumping.
- To explore different ways to travel using equipment.

Key Vocabulary and definitions

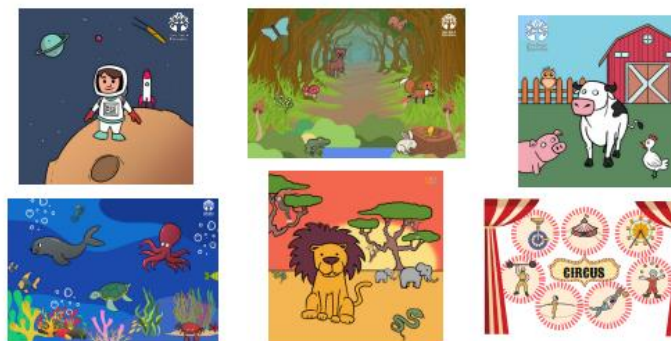
Balance	Keeping the body steady.
Bend	To move your body, or part of it, so it is not straight.
Crawl	To move along slowly with your body very close to the ground.
Fast	To move with great speed.
Slow	Not moving very quickly.
Hop	A short, quick leap or jump on one foot.
Run	To move yourself forward quicker than walking.
Jump	To leap into the air, pushing your body up and away from the ground.
Rules	The directions that help us know how to act or behave.
Equipment	Tools or objects used for a specific purpose.
Change	To do something in a different way.

This unit will develop the following skills:

- Social** work safely, support others, share and take turns, co-operation
- Emotional** perseverance, honesty, determination, confidence, acceptance
- Thinking** comprehension, creativity, select and apply, exploration

About this Unit

Children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.



Ladder Knowledge



Running:

Children will learn to use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.

Balancing:

Children will learn to hold their arms out to help them to balance.

Jumping:

Children will learn that bending their knees will help them to land safely.

Skipping:

Children will learn that if they hop then step that will help them to use skipping as a travelling action.

Hopping:

Children will learn that to hop they will use one foot.