

### 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.

### Key Knowledge & Skills

- To develop balance while still and moving.
- To develop running and stopping.
- To know how to change direction.
- To know how to jump and land.
- To develop hopping.

### Key Vocabulary and definitions

Balance	Keeping the body steady.
Bend	To move your body, or part of it, so it is not straight.
Direction	The way something is moving.
Hop	A short, quick leap or jump on one foot.
Jump	To leap into the air, pushing your body up and away from the ground.
Land	To touch down on a surface.
Run	To move yourself forward quicker than walking.
Safe	Not dangerous.
Space	An empty area.
Stop	To be still and no longer move.
Travel	To move from one place to another.

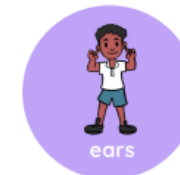
### This unit will develop the following skills:

- Social** support others, work safely, take turns
- Emotional** honesty, determination
- Thinking** decision making, comprehension, select and apply




### About this Unit

Children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.



### Senses

**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.

**Hopping:**

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

**Skipping:**

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