

National Curriculum Requirements

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

Skills:

Move with **some** control and **awareness of space**.

Link two or more **actions** to make a **sequence**.

Show contrasts (e.g.: small / tall, straight / curved, wide / narrow)

Climb safely on low level equipment.

Stretch and **curl** to develop **flexibility**.

Jump in a variety of ways and **land** with some **control** and **balance**.

Vocabulary

Space	Your own safe area
Actions	The different movements you make
Sequence	Two or more skills performed together
Contrast	Performing opposite actions
Climb	Move your body up onto something
Stretch	Straightening your whole (or part of) your body.
Curl	Sit or lie with your knees drawn up
Flexibility	Being able to bend your body easily
Jump	Both legs leaving the ground together
Control	Being in charge of your body movements
Balance	Standing still without falling over

Equipment

benches, mats, safe space

Questions to Ask:

How can we make ourselves taller?

How can we make ourselves smaller?

How can you climb onto the bench safely?

How can you land safely?

How does your heart feel when you exercise?

When you stretch up tall where on your body can you feel it?