

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.

Vocabulary

Actions	The different movements you make
Travel	To move around the space
Roll	To rotate your body on the floor
Climb	Move your body up onto something
Stretch	Straightening your whole (or part of) your body.
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

Mats, Benches, Safe Space

Skills to develop:

Copy and remember actions
Travel by rolling forwards, backwards and sideways
Hold a position whilst balancing on different points of my body
Climb safely on large equipment.
Stretch and curl to develop increasing flexibility
Jump in a variety of ways and land with increasing control and balance

Egg Roll



Dish Roll



Rock on Back



Teddy Bear / Circle Roll



Questions to Ask:

How long can you hold that position? Can you balance on one leg at a time?
How can you land safely? How many ways can you jump?