

Knowledge

- ❖ To be able to name different types of roll e.g. dish, pencil, teddy bear, egg.
- ❖ To be able to name different jumps: straight jump tuck jump, jumping jack, half turn.
- ❖ To be able to say how they can travel and move safely.
- ❖ To be able to describe how their body changes during exercise.

Skills

Children will be able to:

- ❖ lift and carry apparatus in a group;
- ❖ follow instructions involving two or more commands;
- ❖ Create and perform a movement sequence - link at least 2 movements
- ❖ Copy actions and movement sequences with a beginning, middle and end.
- ❖ Recognise and copy contrasting actions (small/tall, narrow/wide).
- ❖ Travel in different ways, changing direction and speed.
- ❖ Hold still shapes and simple balances.
- ❖ Carry out simple stretches.
- ❖ Carry out a range of simple jumps, landing safely.
- ❖ Move around, under, over, and through different objects and equipment.
- ❖ Begin to move with control and care
- ❖ jump from two feet to two feet;
- ❖ say what they like about their partner's movements;
- ❖ jump into a wide, thin or curled shape;
- ❖ roll in a curled or long, thin shape;



Prior Knowledge and Skills (Year R)

- ❖ To have created a short sequence of movements.
- ❖ Roll in different ways with control.
- ❖ Travel in different ways.
- ❖ Stretch in different ways.
- ❖ Jump in a range of ways from one space to another with control.
- ❖ Begin to balance with control.
- ❖ Move around, under, over, and through different objects and equipment.

Safeguarding

- ❖ Ensure appropriate warm-ups and cool downs.
- ❖ Follow the safety procedures recommended by Hampshire e.g., wearing of jewellery, carrying equipment safely.
- ❖ Ensure the children are appropriately dressed and have bare feet.

Key Vocabulary

- ❖ apparatus
- ❖ bounce
- ❖ jumping jacks
- ❖ skip
- ❖ gallop
- ❖ half turn jump
- ❖ straight jump
- ❖ front support
- ❖ teddy bear roll
- ❖ log roll
- ❖ egg roll
- ❖ tiptoe
- ❖ tuck jump
- ❖ pike, tuck, star, straight, straddle