



Fundamental Movement Development Class 1. Autumn 1, September 2020

DEVELOPMENT OF SKILLS AND UNDERSTANDING REQUIRED FOR SPATIAL AWARENESS, TRAVELLING, MOVEMENT AND BALANCE.

Learning Objectives

- MOVE AROUND IN A CONTROLLED AND BALANCED WAY
- RECOGNISE A SAFE SPACE
- EXPLORE DIFFERENT WAYS OF TRAVEL IN DIFFERENT DIRECTIONS AND SPEEDS
- SHOW SPATIAL AWARENESS
- EXPLORE A RANGE OF BODY BALANCES
- EXPLORE A VARIETY OF OBJECTS
- USE EQUIPMENT SAFELY



Language Development: Safe Space, Control, Balance, Stable Position, Travelling, Run, Jog, Skip, Jump, Hop

We will have lots of fun playing games that will help us develop our Agility, Balance and Co-Ordination.

To achieve our full potential, we will be learning to use our:

Heads – Thinking skills i.e. how can I jump higher?

Hearts – Social and Emotional skills such as determination, resilience, and teamwork.

Hands – Physical Skills.

Expectations

- UNDERSTAND THE FEELING OF BEING BALANCED
- SHOW RANGE OF TRAVEL MOVEMENTS WITH CONTROL
- UNDERSTAND HOW TO TRAVEL SAFELY
- SHOW CONTROL WHEN CHANGING SPEED OR DIRECTION
- UNDERSTAND DIFFERENT BODY PARTS YOU CAN USE TO BALANCE ON
- KEEP BALANCE FOR 3 SECONDS
- DEMONSTRATE CONTROL WHEN TRAVELLING, PUSHING AND ROLLING EQUIPMENT