



Fundamental Movement Development Class 2. Autumn 1, September 2020

We will have lots of fun playing games, practicing movement skills and using different pieces of equipment that will help us to develop our Agility, Balance and Co-Ordination.

To improve our Physical Literacy, we will be following a pulse raiser programme devised by Olympic Gymnast Beth Tweddle.

We will be learning to use our

Heads : Thinking Skills

Hearts : Social and Emotional Skills

Hands : Physical Skills

Language development:

Safe Space, Control, Balance, Agility, Stable Position, Travelling, Run, Jog, Skip, Jump, Hop, Body Part Balances, 2 foot, 1 foot, 2 hands balances etc.

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 5 seconds

Demonstrate control when travelling, pushing and rolling equipment

Expectations

