

Key Vocabulary	
Alternate	One foot
Reach	Stretch
Carry	Touch
Crawl	Jump
Roll	Speed
Stop	Fast
Slow	

Recapped Key Vocabulary	
Climb	Step
Feet	Balance
Stand	Hold



Skills that I am going to learn
I can stand on one foot for a short amount of time.
I can use hands and/or feet to move around including climbing small and large steps.
I can stretch, reach and extend.
I can change my direction and speed.
I can control small objects.

Why are we learning this?

- To know how to:**
- Balance and hold our bodies in different positions.
 - Climb stairs and other large and small obstacles.
 - Use equipment such as pencils, paintbrushes and scissors with control.
 - Move around safely at different speeds.

Why is it important?

So we can build our strength when moving around in the world in different ways.
 So we can control our own movements when we are moving at different speeds.
 So we can become more independent.
 So others can read my writing and see what I have drawn.



Key Vocabulary	
Dance	Rhythm
Music	Beat
Low	High
Music	Pattern
Sequence	Shape
Timing	Travel
Co-ordinate	Slide
Exercise	Healthy
Weight	

Recapped Key Vocabulary	
Twist	Turn
Step	Stretch
Feet	Balance
Control	Jump
Movement	Roll



Skills that I am going to learn
I can start to co-ordinate my body.
I can start to follow instructions and copy, repeat and perform a range of simple movements and shapes.
I can use apparatus in different ways.
I can respond to music.

Why are we learning this?

To improve and master simple movements such as walking, running, rolling, crawling and jumping with and without apparatus.

To know:

- That actions and movements can be performed in time to music.
- What effect exercise and healthy food has on our bodies.

Why is it important?

So we can build our strength and take weight on our hands.
 So we can start to co-ordinate our bodies and perform different dance actions to different beat patterns and at different speeds.
 So we can be healthy.

