

WHAT WILL THE CHILDREN LEARN

Develop a vocabulary to describe movement
Learn what their body can do and its limitations
Develop an understanding of spatial awareness
To understand that movement can be used as a form of self expression
To learn how our body changes with exercise and its importance to our health and well being
To explore push and pull and leverage through first hand experience
To learn safety rules and how to use equipment safely
To follow an agreed code of safety when using equipment and playing outside
To learn traditional songs and games
To learn about hygiene and the rules to be followed when handling insects, pets, gardening, digging etc

SKILLS

Coordination and control - jumping, running, rolling, climbing, crawling
skipping, hopping, balancing
Respond to experiences. Expressing themselves through movement.
Rhythmic responses
Describing movement in words
Hand, foot and eye coordination - using a bat and ball, catching, throwing, aiming, and working with a partner
Counting, tallying and keeping score.
Following and giving instructions.
Inventing and playing games
Digging, planting, weeding, pushing, pulling, transporting
Pedalling, steering, stopping, avoiding, controlling, negotiating
Building, cooperating, planning and evaluating for safety

ATTITUDES

Enjoyment
Enthusiasm
Interest
Confidence
Positive self image
Independence
Concentration
Responsibility
Self-discipline
Self-expression
Positive attitudes to health and exercise