

Previous Topic

Physical development
in nursery

Body Management

Reception

Next Topic

Gymnastics

Prior learning:






In Nursery, we learnt...

- To stand and balance for short periods on one foot.
- To climb stairs and move over large and small steps.
- To use hands and feet to negotiate obstacles.

Key skills:

1. Complete balance obstacle challenges.
2. Work with others to move through hoops.
3. Reach and stretch to retrieve and place objects.
4. Steps, strides, hops, bounces, bridges and tunnels.
5. Use a variety of ways to travel.
6. To run and jump.

Vocabulary:

 physical	Relating to the body.
 stand	To maintain an upright position.
 reach	To stretch out an arm.
 run	To move at a faster speed.
 jump	To push oneself off a surface using legs and feet.

Equipment

 beanbags	 mats
 cones	 quits
 hoops	 balls

Key Questions:

- Describe one difference between a small and a tall shape.
- Were there any ways in which it was harder to climb over / on to? For example your feet first?
- Which body parts did you balance on to make your bridges?