

Prior Learning: Children will be able to negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. They will be able to jump off an object and land appropriately

Key words

Run



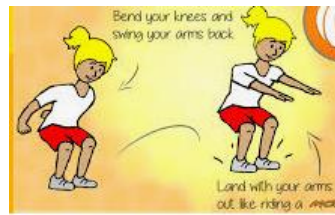
Hop



Skip



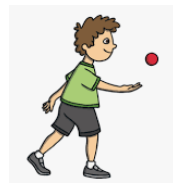
bounce



Catch



Underarm throw



Push-throw



Long leap



Jog

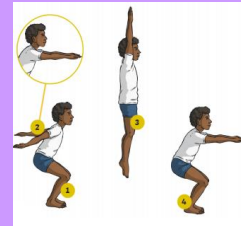
A slow run

Gallop

Step forwards with one leg then your other leg follows making sure your knees are bent.

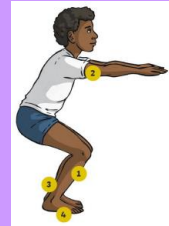
Take-off

Push hard from feet and swing arms.



Landing

Land carefully on the balls of the feet and give in the knees.



Equipment

Ball



cone



hoop

