



Can I use my new skills to play a game? EYFS Games 1

SPRING 1 2023

CLASS PLYM

Can I stop and start with control?



Control means you aren't wobbling.



I can stop and touch the floor quick when you say 'down'

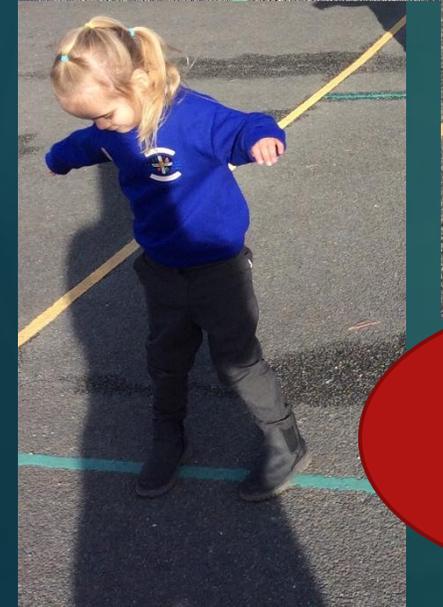
I stopped really fast then, did you see?



I can stay balanced and stable in different positions



My arms help me to balance so I don't fall off my branch.



We need to warm up first.



It's easier to balance with my legs wide



Copying someone is hard.

I can bounce a ball with control



When I push it hard with my hand it bounces really high and nearly hit my nose!



It's hard to bounce the ball in the hoop.



It's easier to catch with two hands and not one.



Applying our new skills to a game of 'fishy fishy'.



The ball didn't hit my legs so I'm not seaweed.



Hey, being seaweed is like when we pretended to be a bird blowing in the wind.



It's tricky to throw the ball with one hand, I'm going to use two.



Reviewing and applying our new skills



If I have my legs more apart I can reach more people without falling down.

I can throw the ball so good now, I turned 4 people into seaweed.

This is so fun, can we play this tomorrow?



PE

FLE YRR

Can I learn new skills to play a game better?



What I have learnt before:

- We need to warm up before exercise to protect our body.
- We can hold out our arms to help us balance.

Forever Facts

I know that I need to use my fingertips to bounce a ball effectively.

I know that exercise makes my heart beat faster; it means my heart is pumping more blood around my body.

I know that I must keep my eyes on a ball when bouncing it to maintain more control.

Skills

I can stop and start movement whilst having control over my body.

I can show some control over a ball and where I would like it to go.

Endpoint:

Can I apply my new skills to play a game of 'fishy, fishy, fishy'?

Exciting Books

MR. BOUNCE



Personal Development

- To know that exercise is important for our body to keep us healthy.
- Working collaboratively with others.

Subject Specific Vocabulary

Balance

Distributing your weight evenly so you don't fall over.

Exercise

An activity requiring physical effort to improve health and fitness.

Jogging

Running at an easier, slower pace.

Passing (a ball)

Giving the ball to someone else.

Control

To be in charge of your body and not let it go all floppy.