

**Purpose**

Develop fundamental movement skills to support balance, coordination and control, including core stability, jumping and landing, as well as other foundation movement patterns. Develop the ability to control take-off, flight and landing, and maintain control of core muscles in a range of situations.

Develop essential social skills, including learning to take turns, and begin to make sensible decisions about sharing space and equipment. Understand how these relate to their ability to work well with others.

**Learning Goals**



**Play with Others**

**Expected**

- I can play with others and take turns and share with help.

**Exceeding**

- I can work sensibly with others.
- I can work sensibly with others, taking turns and sharing.

Dynamic Balance to  
Agility  
umping and Landing

Static Balance  
Seated Balance

Space

Jungle

In this unit, the children will develop and apply their jumping and landing and seated balance through focused thematic stories, songs and games.

- Emerging**  
I can explore **jumping and landing** and **seated balance** movements
- Expected**  
I can complete **some** Yellow challenges
- Exceeding**  
I can complete **all** Yellow challenges

## Social Skills



### Developing my social skills and knowledge so...

#### What

#### How

I can play with others and take turns and share with help.

Take turns.

I can work sensibly with others.

Share space and equipment.

I can work sensibly with others, taking turns and sharing.

Play safely.

## Skills and Knowledge - FMS

### Dynamic Balance to Agility Jumping and Landing

#### Skill Challenges

Maintaining balance:

1. I can jump from 2 feet to 2 feet forwards and backwards.
2. I can jump from 2 feet to 2 feet side to side.
3. I can jump from 2 feet to 2 feet forwards, backwards then side to side.

### Developing my jumping and landing skills and knowledge so...

#### What

#### How

I can achieve good take off and height.

Keep my feet a shoulder width apart.

I can land with balance and control.

Keep my head up as I land.

I can land softly and quietly.

Bend my knees on take-off and on landing.

## Static Balance Seated Balance

### Skill Challenges

In a seated position for 10 seconds:

1. I can balance with both hands and feet touching the floor.
2. I can balance with 1 hand and 2 feet touching the floor.
3. I can balance with 2 hands and 1 foot touching the floor.
4. I can balance with 1 hand and 1 foot touching the floor.
5. I can balance with 1 hand or 1 foot touching the floor.
6. I can balance with no hands or feet touching the floor.

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### Developing my seated balance skills and knowledge so...

#### What

I can balance with hands/feet up for 10 seconds.

I can balance with minimum wobble (control).

I can maintain balance without strain.

#### How

Keep my head up and still.

Keep my tummy tight.

Keep my back straight.

### Key Vocabulary

share, width, take off, jump, balance, seated, touching, control

## Curriculum Links

### Early Learning Goals

Pupils should...

Negotiate space and obstacles safely.

Demonstrate strength, balance and coordination.

Move energetically, such as jumping.

Listen attentively and respond to what they hear with relevant questions, comments and actions.

Participate in small group discussions.

Work and play cooperatively with others.

Show sensitivity to their own and others' needs.

## Wider Links

To further develop the children's jumping and landing and seated balance skills, use the following (**click the links at the bottom to explore**):

- **real PE daily** - short, daily activity ideas to further develop jumping and landing and seated balance skills.
- **real gym** - Foundation Stage, Unit 2 (flight).
- **BURSTS** (home learning) - jumping and landing (**Space Missions**) and seated balance (**Jungle Expeditions**) are included on the BURSTS app.