

CORE SKILL: To have strong core balance and good co-ordination

Working towards curriculum ambition: To be able to use apparatus and equipment confidently

Possible sequence of learning:

- Picks up toys from the floor without falling over developing core strength
- Lays prone or kneels to play with equipment demonstrating good core strength
- Balances on one foot for up to five seconds
- Walks along a line on the floor whilst maintaining core strength and balance
- Co-ordinates body movements that cross the mid-line in a bilateral movement e.g. tapping knee, marching, walking up and down steps
- Walks along a balance beam
- Throws a ball or beanbag over arm
- Climbs onto or down from outdoor equipment independently
- Jumps and lands safely on different surfaces

Things adults can do:

- Teach and allow children to manage their own risks and be on hand to offer support
- Ensure safety surfaces are in place and carry out regular risk assessments of equipment
- Teach children how to climb on different equipment during PE sessions
- Introduce climbing opportunities in the outdoor environment such as ladders, tyres, balance beams and stepping stones
- Explain the benefits of climbing on outdoor equipment in the park to parents

Possible literacy opportunities linked to this activity zone:

- Provide story books about going to the park
- Introduce explicit vocabulary to describe movements and use directional language
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Links to statutory framework: ELG: Gross motor skills:

- Negotiate space and obstacles safely with consideration for themselves and others
- Demonstrate strength, balance and co-ordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Links to MAGIC:

- Motivation and gumption