

**CORE SKILL:** To hold own body weight

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

**Possible sequence of learning:**

- Develop shoulder muscles using a range of activities e.g. waving scarves encouraging rotation of arms both clockwise and anticlockwise. Using long lengths of ribbons to make up and down motions and again, circular ones, as this will help children begin to recreate the shapes needed for accurate letter formation. Using brooms to sweep leaves and brush soapy water also helps to build shoulder strength and flexibility. Pushing, pulling and rolling large objects such as tyres and wagons. Climbing activities - climbing ladders and ropes. Weight-bearing activities such as wheelbarrow walking, army crawling under netting or material and crawling up hills.
- Using monkey bars and climbing frame to hang from holding their own body weight.

**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**