

Reception: Body Management

Spring 1

EYFS: Moving and Handling

Children show good control and co-ordination in large and small movements.

They move confidently in a range of ways, safely negotiating space.

Sequence of Learning:

- Move with increasing control when changing direction
- Explore different ways of moving, negotiating obstacles
- Stretch whilst balancing, showing control
- Explore big and small movements
- Explore high and low movements
 - Create shapes

Equipment:

Beanbags, mats, cones, quoits, balls, benches, bibs, small tables.

Key Vocabulary:

direction	Forwards, backwards, sideways
moving	travelling
balance	staying still
stretch	making our body parts longer/ more extended
explore	find different ways
levels	High/ low
shapes	straight/ tuck/ pike/ straddle

Final Outcome:

To create a short sequence showing 3 movements including levels, direction and speed.

Key Questions:

Describe a difference between a small and a tall shape.

Which body parts did you balance on to make your bridges?