

Reception: Speed, Agility, Travel Unit 2

Summer 2

Sequence of Learning:

To move objects at speed.

Link fast and slow travel movements.

To jump in different ways.

To dance and play games in a circle.

To run and jump in a relay.

Final Outcome:

To complete an obstacle course.

Key Questions:

Why did we need to collect the objects quickly when playing Rob the Nest?

Why should we perform our 3 actions slowly?

Why do we swing our arms when we jump?

Which games could you play with your friends independently?

Which agility run could you run the fastest on?

Key Vocabulary:

Reach, stretch, hold, carry touch, crawl, jump, roll, hands, feet, weight, softly, quietly, quickly, powerful,

National Curriculum Key Skills:

- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Move confidently in a range of ways, safely negotiating space.

Equipment:

Beanbags, quoits, balls, bibs, benches, percussion instrument, cones