

Reception : Speed, Agility, Travel Unit 1

Summer 1

Sequence of Learning:

To use agility in games

To control my speed and direction to run safely in chasing games

Make choices about changing direction in games

To start and stop in a variety of ways

To show fast and slow movements

Final Outcome:

To complete a set of different relay races

Key Questions:

What should you be aware of when running and chasing?

How can you change direction quickly?

Which way of starting gained you the most speed?

How can we show the same movements fast and slow?

How do you stop dead to perform a shape?

Key Vocabulary:

Step, alternative, one foot, fast, slow, agility, pause, prepare, freeze, high, low, switch, anticipate,

National Curriculum Key Skills:

- Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.
- Move confidently in a range of ways, safely negotiating space.

Equipment:

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