

# Core skill: To hold own body weight

Activity zone



Physical

*For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

1 Timothy 4:8  
New International Version



Northaw CE Primary School

## Learning sequence

- 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.
- Coordinates body movements that cross the midline in a bi-lateral movement, e.g. tapping knee with opposite hand or marching, walking up and down stairs with alternating feet.
- Walks along a balance beam.
- Climbs onto or down from outdoor equipment independently.
- Jumps and lands safely on different surfaces.
- Hangs from monkey bars for increasingly prolonged periods.
- Swings from one bar to the next by releasing one arm at a time.

## Adult support

- 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 or stepping stones.
- Explain the benefits of climbing on outdoor equipment in the park to parents.

## Key vocabulary

core strength  
balance  
walk  
coordination  
strength  
hold  
grip  
climb  
hang  
swing

## Related core skills

- To have strong core balance
- To have good spatial awareness
- To understand about the safety of others

## Curriculum ambition(s)

- Ride a two-wheeled bike safely and confidently
- Move confidently across the A-frame/trapeze/monkey bars/climbing frame/tree