

Core skill: To have strong core balance

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

Adult support

- Creating games and providing opportunities for play both indoors and outdoors, which support children to develop their core strength and balance.
- Lead movement-play activities when appropriate.
- Provide flexible resources, indoors and outside.
- Provide opportunities to play outdoors in larger areas, such as larger parks and spaces in the local area, or through forest school.
- Provide a choice of open-ended materials to play with that allow for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.

Learning sequence

- Roll over: from front to back, then back to front.
- Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.
- Take part in activities which require them to bend down, stretch up high and carry heavy objects.
- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Balance on planks, climbing equipment.
- Walks along a line on the floor whilst maintaining core strength and balance.
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics.

Key vocabulary

roll
balance
core
strength
climb
hop
stretch
carry
fluent
coordination

Related core skills

- To hold own body weight
- 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