

Physical Development - Moving and Handling - What different ways can you move your body?

Gross Motor - Knowledge - Movement



Jump: bend your knees, swing your arms back, jump as far as you can and land on two feet.



Hop: Hold your arms out to the side. Stand on one foot, bend your knee, hop into the air and land on the same foot.



Skip: Lift one knee while swinging your opposite arm forwards and hop onto the other foot then repeat while moving forwards.



Run: Alternate moving from one foot to the other while swinging arms and getting faster.

Sporting Values

