

LEARNING OBJECTIVES

Children should learn:-

- to travel and balance with control when holding stretched or curled shapes.
- to stop and start on a given signal and share space safely.
- to show an awareness of contrasts in level
- to link two movements together.

STRETCHING AND CURLING (4-5 YEARS)

UNIT FRAMEWORK

- (a) Curled-up balances on different parts of the body.
Travelling in different curled-up positions.
- (b) Stretched out balances on different parts of the body. High / low.
Travelling in different stretched out positions.
- (c) Travelling stretched out high, away from the ground / apparatus.
Travelling stretched out low - as close to the ground as possible.
- (d) Feeling the difference between stretching and curling.
Joining together balances and travelling to show stretch / curl
- (e) These ideas should be transferred to apparatus at every stage.
High / low / off / over / under / along / against / in and out.

References for detailed skill teaching:-

“TEACHING SPECIFIC SKILLS” - page 223

Travelling on hands and feet - page 271

Rolling sideways - page 241

Balance on large parts of the body - page 289

“ACTION KIDS” references are indicated at the bottom of each lesson.

EXPECTED LEARNING OUTCOMES

By the end of this unit most children should be able to:

- (a) demonstrate wide, thin, tall and curled body shapes when travelling or holding a balance,
- (b) know they can take their weight on different body parts to make different shapes
- (c) hold a strong, controlled balance and show an awareness of levels.
- (d) use space safely and stop on a given signal.
- (e) link together (i) two contrasting balances
(ii) a travelling movement and a balance
- (f) adapt and safely transfer curled and stretched travelling and balancing onto apparatus.

Children should also be guided continuously to:-

- dress and undress independently
- start and stop on a given signal and listen to instructions
- talk about what they are doing and use the correct vocabulary
- develop positive attitudes towards a healthy lifestyle