



St George's Central CE Primary School and Nursery

Key Words	Definition	Coaching Points
Balance	An even distribution of weight, remaining even and steady.	Exploration – it is important that children explore a range of travel as it will later allow them to contextualise running/ jogging/ sprinting. Moving like different animals is a good starting point
Agility	The ability to move quickly, fluidly and evenly.	Spatial Awareness – This skill will still be developing during this unit. Build in opportunities to change direction or avoid obstacles. Ask children to find the space and observe the playing area
Coordination	The ability to use different parts of the body together, smoothly and efficiently.	Challenging children – build coordination by asking children to side-step, run backwards, hop, skip and jump.
Direction	The way in which something is travelling.	
Relay	A group of people who take consecutive turns to complete a task.	
Circuit	A range of activities built in a particular order.	
Gait	A person's manner of walking or running.	



Head:
still and eyes up & looking ahead



Arms:
bent and travel from 'hip to lip'



Tag or chasey games



Netflix:
Play (run forwards), Rewind (run backwards), Fast Forward (sprint), Pause (run on the spot), Stop (freeze)



High knees



Land: on the ball of foot



Rats & Rabbits:
One person is the Rat and the other is the Rabbit. When you call out Rats, the Rat sprints away and the Rabbit has to catch them and vice versa.

Assessment Focus

- Move and stop safely
- Show control when balancing
- Show control when moving
- Follow rules
- Hit a ball with a bat

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12