

PE

Flight-Bouncing, Jumping, Landing.

Objectives	Milestones Covered
<ul style="list-style-type: none"> • To bounce, hop, spring and jump using a variety of take offs and landings. • To observe, recognise and copy different body shapes. • To link two or more actions with control and be able to repeat them. • To describe what they see using appropriate vocabulary. 	<p>I can jump in a variety of ways and land with increasing control and balance.</p> <p>I can copy and remember actions.</p> <p>I can link two or more actions to make a sequence.</p> <p>I can move with control and awareness of space.</p> <p>I can climb safely onto equipment.</p>
<p><u>Activities covered</u></p> <p>Week 1 Travel in different ways and directions. Bouncing and jumping on/off apparatus.</p> <p>Week 2 High jump and landing. Taking off from one foot and landing on two feet. Travelling on and off the apparatus in a bouncing way.</p> <p>Week 3 Jumping from two feet to two feet. Wide shape jump in the air and thin shape jump.</p>	<p>Week 4 Explore different shapes the body can go into after different jumps. Travel using hands and feet in a bouncing way.</p> <p>Week 5 Bouncing high on two feet bending knees and using arms. Build a sequence on the apparatus using skills learnt.</p> <p>Week 6 Continue on the sequence and improve. Sequence to include travelling, different shapes, bouncing, jumps on the floor and apparatus.</p>