



| Nursery Knowledge What will I know and do by the end of the unit? |
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| <p>Name two body parts which I can use to balance. Use my arms to help me to balance. Change direction while moving. Stop and change direction to avoid bumping into others.</p> |

| Reception Knowledge What will I know and do by the end of the unit? |
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| <p>Name more than two body parts which I can use to balance. Use my arms automatically to help me to balance. Change direction while balancing. Stop and change direction with clear awareness of space and direction.</p> |

| What I will do: | |
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| Physical Skills | <ul style="list-style-type: none"> • Hopping • Galloping • Skipping • Sliding • Jumping • Changing direction • Balancing • Running |
| Social skills | <ul style="list-style-type: none"> • Work with others |
| Emotional skills | <ul style="list-style-type: none"> • Challenge myself |
| Thinking skills | <ul style="list-style-type: none"> • Choose actions |

| Vocabulary I will know: | | | |
|-------------------------|---|-----------|---|
| run |  | space |  |
| safely |  | jump |  |
| hop |  | direction |  |
| stop |  | listen |  |