

Knowledge Organiser: Reception Body Management Unit 2



Prior Learning: Explored balance and managing own body. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command.

Equipment needed: Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches, apparatus, music player, dice, music, percussion instruments.

- Key Questions:**
1. What did your leg feel like when you pull your toes towards you, could you feel it stretch?
 2. Can you name two types of jumps you learned today?
 3. Why should we not have floppy arms and legs when jumping?

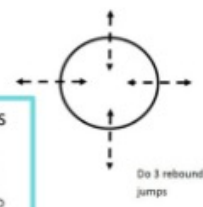
Unit Focus: Explore a variety of rolling, sliding etc. Jump using a variety of take offs/landings, use hands and feet in different combinations. Participate in a variety of small group co-operative activities.

Key Vocabulary/Skills	
Twist, turn, egg roll.	Beanbags, mats, cones, quoits, hoops, box tops, balls, bibs, benches, apparatus, music player, music, percussion instruments.
Control and coordinate limbs.	
Running & jumping to music.	
ABC assault course.	
Perform basic actions with others.	

Activity Example: Dead bugs – Pupils lie on their back. Dead bugs develops core strength and flexibility. Ask children to:

- Raise right arm/left arm
- Raise right leg/left leg

NB: They may only place a limb back on the floor when the teacher gives the command, e.g., 'left leg down'. This way you can take the 'dead bugs' through harder or easier progressions.



Do 3 rebound jumps



Rules:
ABC's – Agility, balance and coordination. These are the foundations for all movement and the proper development of each improves an individual's ability to run, jump, throw and catch and competently take part in a wide range of activity.

Copyrighted The PE Hub 2022

- Year R Spring 1