
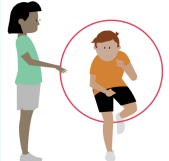


## Big Questions

- What can you do to stop the beanbag from falling off your body when moving?
- What different ways can you move your body through a hoop?
- Why is having strong stomach muscles important when stretching as far as possible?
- How can you make a bridge shape with the body?
- What different ways can apparatus be travelled through, over or under?
- What are some different types of shapes you can do with your body?

## Sticky Knowledge

- Know how to travel and balance whilst balancing a beanbag on the body.
- Know how to keep the body small when passing through a hoop.
- Know the importance of stomach muscles when stretching.
- Know different ways to make a bridge shape with the body.
- Know safe ways to travel through, over and under apparatus.
- Know how to hold different shapes with the body.

What	Why	How
<p><b>Travelling whilst balancing beanbags –</b> Moving in different ways, keeping a beanbag balanced on the body.</p> 	<p>Maintaining balance on a moving beanbag requires body control, concentration, and determination. This improves essential fundamental movement skills needed for physical activity.</p>	<p>To create a flat, even surface, balance the beanbag on larger body parts and ensure it's stable before moving. Movements should be slow and controlled to minimise any wobbling.</p>
<p><b>Move the whole body through a hoop –</b> Moving smoothly through different-sized hoops.</p> 	<p>Passing through different-sized hoops requires body control and coordination. Developing these key fundamental movement skills will prepare you for participating in a range of activities.</p>	<p>Move slowly, trying to stay balanced whilst moving. When passing through the hoop, make the body small by keeping limbs tight into the body.</p>

What	Why	How
<p><b>Reach and stretch to place and pass a cone</b> – use core strength to reach as far as possible to place or pass a cone to a teammate.</p>	<p>Reaching and stretching help develop core strength, which is key to keeping the body stable during physical activity.</p>	<p>Place large body parts on the floor to help balance. Stay low to the ground to help prevent overbalancing. Take their weight as far forward as possible and stretch their arm as far as possible to make the maximum distance.</p>
<p><b>Travel about a space on their feet in different ways</b> – move with control in different ways, such as hopping and striding.</p>	<p>Moving at different speeds using different methods with control will help in a variety of different activities, such as gymnastics, games and dance.</p>	<p>It is important to maintain a steady speed while moving so that the body can be controlled. Make sure to look up and around to avoid any collisions with other people and objects. Be cautious while moving and consider the type of travel you are doing, ensuring that safety is the top priority.</p>
<p><b>Make bridge shapes with the body</b> – make different shapes with the body to create a tunnel for objects or people to go under.</p>	<p>Developing flexibility, strength, and body control is crucial for creating and holding various bridge shapes, which are commonly used in physical activities like gymnastics and dance.</p>	<p>A bridge or tunnel shape is when the body makes an arch shape, with a clear gap between the body and the floor. Try to keep the body as still as possible, using balance and strength to allow objects or people to go underneath.</p>
<p><b>Travel over apparatus at different heights</b> – Move over and under apparatus that are both high and low.</p>	<p>Travelling around and going over and under apparatus will improve coordination and balance, as well as confidence in trying things in more challenging situations. Improving these skills will benefit a range of different physical activities moving forward.</p>	<p>All travel actions should be performed with control at a speed that the performer finds comfortable. Extend arms out to help with balance. Safety should always be the first priority when using apparatus at any height.</p>
<p><b>Make a range of shapes with the body</b> – Create tall, wide and small shapes with the body.</p>	<p>Creating and holding different shapes with the body requires flexibility, strength and body control. Developing these is important as they are important fundamental movement skills that are vital in a range of different physical activities.</p>	<p>Try to extend your arms and legs as straight as possible, keeping balance while holding the shape. Use creativity to find different ways to change a body shape. Keep the body under control by moving slowly and carefully into each shape.</p>

## Reception Body Management Unit 1 – Crossover skills and knowledge

Body Management units focus on developing coordination and balance, which are important in developing Key Fundamental Movement skills. The unit is about moving the body with control using a range of different types of movements.

Other activities that use some of the same knowledge and skills include:

- Dance
- Gymnastics
- Games

### Assessment Focus

Can move on their feet in a variety of ways, including jumping, skipping, hopping, running and walking

Travels with confidence around, under, over and through equipment and apparatus

Demonstrate strength, balance and coordination when playing

Be confident to try new activities and show independence, resilience and perseverance

Make their body tense, relaxed, stretched and curled