

Reception Autumn 2

Fundamental Skills



- Show a fluent running style.
- Show awareness of others when travelling in a given area.
- Explore different jumps with increasing control.
- Show an effective jump for height and length.
- Balance with tension and control.
- Explore balances using different body parts. Show an effective balance on large body parts.



Question

Can you hold a balance?

Vocabulary

Fluent, awareness of others, control, effective, tension, balance