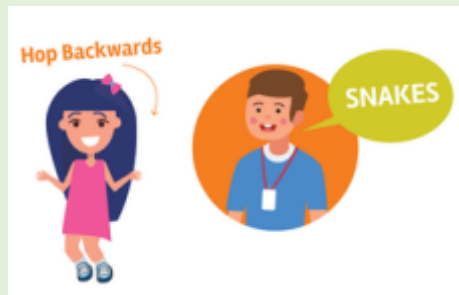


Reception Spring 1

Fundamental Skills



- Confidently perform movements and show good spatial awareness.
- Find space away from other children and understanding why this is safe.
- Hop in a straight line/one direction effectively and land effectively.
- Hop with rhythm showing strength, control and accuracy
- Skip around an area showing control, balance and a good jump.
- Skip at various speeds and stop suddenly



Question

Can you hop and skip while showing control?

Vocabulary

Spatial awareness, find space, hop, skip, control, strength, accuracy