

P.E. Foundation Stage Unit 1 Movement 1

Session 4 Skipping



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 20 mins

Age

3 years +

Early learning goal

ELG 01, ELG 02, ELG 04, ELG 06, ELG 14, ELG 16, ELG 17

Learning objectives

- To move with clear body actions.
- To be aware of others when moving and changing direction.

Resources

- CD player
- **Dance CD** tracks 6 and 3
- **Interactive CD Image Gallery: Page 1, Copying**

Vocabulary

copy, freeze, on the spot, skipping, swing, turn

Learning Journey

Step 1

Move spontaneously within available space

Can stop

Moves freely around the hall and 'freezes'

Step 2

Move in a range of ways, such as skipping

Adjust speed or change direction to avoid obstacles

Does not bump into anyone else and moves in a space

Step 3

Experiment with different ways of moving

Tries to skip lightly (Some children may find skipping difficult at first and will need encouragement)

Step 4 (Goal)

Move with confidence, imagination and in safety

Enjoys skipping and moves confidently and safely around the space

Warm-up

- Ask the children to stand near you and copy you as you skip on the spot. As you skip, swing your arms and encourage the children to swing their arms too. Practise freezing with the children. Ask them to follow and copy you as you skip about the room. Skip slowly and then freeze. Make sure that the children freeze with you.
- Do this several times and see if the children can freeze straight away with you. Encourage the children to move about the room with you and change direction when you do. Keep your feet light. Tell the children not to bump into each other and to swing their arms gently.
- Encourage them to smile and look happy as they skip.

Dance to the music

- Ask the children to sit near you and listen to **Track 6: 'Skipping'**. The music has a lovely lilt to it, which is very good for skipping to. As the children listen, ask them to imagine themselves skipping to the music.
- Ask the children to stand up and move slightly away from you. Play **Track 6** and begin to skip on the spot with the children.
- Start to skip gently about the room with the children following and copying you.
- Remember to turn and continue skipping in another direction. Tell the children to look where they are going and not touch anyone as they skip. Keep your feet light and head up. Some children may not follow you, but this does not matter as children need to start using their own space.

- Play the track several times more and encourage the children to skip lightly, look where they are going and be aware of others around them. Always praise the children.

Cool-down

- Ask the children to lie down on their fronts or backs. Tell them to put their hands by their sides and their feet on the floor. Play **Track 3:** 'Quiet moment'. The children must stay very still and listen to the music.
- Ask the children to listen carefully as you say their names quietly. When they hear their name they should sit up very slowly. Ask them to sit up straight and remind them to smile!

Assessment opportunities

- *Can the children freeze when you do?*
- *Do they look where they are going and keep in a space?*
- *Can they skip lightly?*