



Early Level (Nursery & P1)

| Learning Goals The skills children will be developing and consolidating | Learning Task What does the learner need to do to complete the task | Learning Prompts Key points to help the learners work on the task | Additional Information Equipment/space to complete the task |
|--|--|---|---|
| Physical Fitness (speed, stamina, flexibility, core stability and strength) | Can you move around your space like an animal? Hop and jump like a rabbit Move quietly like a tiger Slither like a snake Slow like a tortoise Fast like a cheetah Stop like an elephant? Own ideas? | Think about your body shape when you move. Can you control your arms and legs at the same time | Task can be completed indoors or outdoors Play some music to help you move |
| Physical Competencies (balance & coordination, coordination, rhythm & timing, gross & fine motor skills, kinaesthetic awareness) | Practice jumping on the spot 5 times, stop, clap 5 times. Practise with a partner. Jumping and clapping at the same time Can you jump when they clap, then clap when they jump | Jump two feet to feet, landing on the same spot. Keep your feet slightly apart to help with your balance. Bending your knees to help your jump up and to land softly | Task can be completed indoors or outdoors |
| Personal Qualities (motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication) | Can you help an adult with a job around the house or garden | Listen to the instructions and practise even if it is tricky | |
| Cognitive Skills (problem solving, focus & concentration, decision making, creativity) | On your daily walk or looking out the window, can you count the number of red and white cars you see? | Parked cars count too | Paper and pencil to keep your score |