



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 run on the spot as slowly as you can for the count to 5, then run as fast as you can for the count to 5. Rest for 30 seconds and then repeat 2 more times.	Control your breathing - deep breaths Have a little drink of water handy for after. Think about the difference between moving fast and moving slowly	Indoors/Outdoors
Physical Competencies (balance & coordination, coordination, rhythm & timing, gross & fine motor skills, kinaesthetic awareness)	Can you balance on one leg for 5 seconds? And repeat with the other leg. Can you balance for 10 seconds?	Keep your body nice and straight, arms out to your side, looking ahead. The diagram below will help	Indoors/Outdoors
Personal Qualities (motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication)	Can you play 'Follow my Leader' with yourself as the leader.	Be creative with your moves and where you will take your partner or group. Can you make sure your team stays together?	Outdoors would be better as you have more space, but you can do the activity indoors. If indoors, each time you move into a new room, you must perform a different action or movement
Cognitive Skills (problem solving, focus & concentration, decision making, creativity)	Ask an adult to lay out 3 pieces of clothing on the floor. They will all be inside out. Try and turn them all the right way round.	Clothes start and finish lying nice and flat.	Indoors

