



Fast Freddie loves sports day! Let's practice some skills – can you balance the beanbag on your head as you walk to the end, skip with a rope back again, carry a ball on a racket without dropping it and then run back to the start as fast as you can?

RESOURCES:

A marked out area to play in (roughly 8m x 4m)

Skipping ropes

Bean bags

Small balls and rackets

TEACHING POINTS:

Encourage the children to practice the skill they find the hardest, taking their time to find their point of balance.

MAKING IT HARDER:

- What other races could the children practice?
- Could this be carried out as a relay race in teams?

MAKING IT EASIER:

- Slow the skipping down to stepping over the rope on the ground and then bringing it behind and over their head
- Use a larger scoop to balance the ball in

LINKS TO THE EARLY LEARNING GOALS:

PD, M&H - Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

PSE, SC&SA – Children are confident to try new activities