



40-60 MONTHS

PLANNING OVERVIEW BALANCING BELLA

Lesson	Learning Objective	Success Criteria	Links to ELG
Space Dance- Spatial Awareness	To be able to negotiate space successfully whilst exploring different 'space' themed movements	<ul style="list-style-type: none"> To move around the space safely. To try our different 'space' themed movements. To control their bodies whilst moving and performing movements. 	Negotiates space successfully
Army Dance - direction	To be able to change direction successfully and recognise when they are doing so.	<ul style="list-style-type: none"> To safely change direction during movement. To choose to change direction at certain times within their dance. 	Experiments with different ways of moving
Jungle Gym – Core shapes	To be able to perform basic Gymnastics Core shapes.	<ul style="list-style-type: none"> To be able to perform gymnastics core shapes with body tension and control. 	Experiments with different ways of moving
Fairy Tale Gym – Travelling	To be able to perform different ways on travelling	<ul style="list-style-type: none"> To be able travel in different ways showing body tension and control. Straight back, head up, on their tip toes – moving silently. 	Travels with confidence and skill around, under, over and through balancing and climbing equipment.
Seaside Gym - jumping	To be able to jump safely and sensibly	<ul style="list-style-type: none"> To be able to use the correct technique for jumping on the floor. Using arms to get height and then balance, bend their knees in take-off and landing, to land on the balls of their feet. 	Experiments with different ways of moving
Race track Gym - Rolling	To be able to perform various rolls in gymnastics	<ul style="list-style-type: none"> To be able to perform rolls with body tension and control. Keeping our body in a tight shape as we roll. 	Experiments with different ways of moving
Zoo Gym - Balances	To be able to perform balances in gymnastics	<ul style="list-style-type: none"> To be able to perform balances with body tension and control. Keeping our body in a tight shape as we balance and hold this for 5 seconds. 	Experiments with different ways of moving
Pirates Dance - Shape	To be able investigate changes in level within their dance	<ul style="list-style-type: none"> To use various levels within dance. 	Begins to build a repertoire of dances. Initiates new combinations of movement and gesture.
Pirates Dance – Levels	To be able investigate changes in shape within their dance	<ul style="list-style-type: none"> To be able to show clear shapes within our dance and movements. To use these shapes to represent our dance idea of pirates and how they are feeling. 	Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences
Pirates Dance - Speed	To be able investigate changes in speed within their dance	<ul style="list-style-type: none"> To be able to show clear changes of speed within our dance and movements. 	Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences



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Space Gym – Travelling	To experiment with different ways of travelling in gymnastics.	<ul style="list-style-type: none"> To have a go at travelling in lots of different ways. To find 2 different ways they can travel with control. To control their bodies whilst moving and performing movements. 	Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
Army Gym – Climbing	To climb on equipment safely using alternate hands and feet.	<ul style="list-style-type: none"> To use alternate hands and feet when climbing To control their bodies whilst moving and performing movements. 	Mounts stairs, steps or climbing equipment using alternate feet.
Supermarket Gym – Core shapes	To be able to perform basic Gymnastics Core shapes.	<ul style="list-style-type: none"> To be able to perform gymnastics core shapes with body tension and control. 	Can stand momentarily on one foot when shown
Jungle Dance – Movement	To enjoy moving to music and join in with movement activities.	<ul style="list-style-type: none"> To explore different movements to music. To discuss what they enjoy. 	Enjoys joining in with dancing and ring games.
Fairy Tale Dance - Rhythm	To be able to move in time to the music.	<ul style="list-style-type: none"> To listen carefully to the music. To match their movements to the music. 	Beginning to move rhythmically.
Seaside Dance – Movement	To be able to make up own movement ideas and imitate those of others.	<ul style="list-style-type: none"> To copy other people’s movements correctly and accurately. To make own movement ideas up in response to music. 	Imitates movement in response to music.
Racetrack Dance – Movement	To copy and explore different movements.	<ul style="list-style-type: none"> To be able to carefully watch the movements of others. To copy these as accurately as possible. 	Imitates movement in response to music.
Zoo Dance - Rhythm	To be able to move in time to the music.	<ul style="list-style-type: none"> To be able to listen to the music and come up with actions to use in our dance that suit the music. 	Beginning to move rhythmically.