

Physical Literacy - Learning to Move

Nursery – Cycle A



Subject Specific Vocabulary

balance Staying still without falling

Jump
(two feet to two feet) Push off the ground into the air using two feet and landing again on two feet

hop Jumping up and down on one foot

Sticky knowledge for Physical Literacy

I know which hand/foot is my strongest hand/foot

I know that hopping is jumping up and down on one foot

I know that an instruction tells me what I should do

Aspirations

PE Teacher
Athlete

Physical Literacy Skills

I can attempt fundamental movements (jog, jump, hop, balance, skip, moving side to side, change direction)

I can stand on one leg for two seconds and hold a pose for two seconds

I can copy and follow simple instructions

Video/Web Link

Balancing Game

https://youtu.be/rP2Husaakt0?si=XUIEhO5Q9_3irmo6

England win the European Championship

<https://youtu.be/rO5iCG9YNI4?si=-5akws1yOXtT5nv0>

Find a Local Club

<https://theburydirectory.co.uk/categories/sports>

Significant Figure



Leah Williamson (OBE)
English Footballer

- England Captain
- European Championship title winner with England in 2022