

Jumping

Make sure children:

- get in the ready position - their ankles, knees and hips should be bent;
- look forwards;
- swing their arms behind their body in preparation for the jump;
- make both feet leave the ground at the same time;
- swing their arms forward as they jump and land;
- land, as quiet as a mouse, on both feet at the same time with their ankles, knees and hips bent.

Support children if you see them:

- not moving their arms behind their bodies;
- taking off on one foot;
- overbalancing when they land;
- not bending / flexing the knees, hips and ankles.



Balancing

Make sure children:

- have their head upright and looking forward;
- keep their eyes looking at a fixed spot;
- have a strong, solid posture;
- plant the fixed point (e.g. the foot if they are balancing on one foot) into the floor or the surface they are balancing on;
- hold their balance for at least 5 seconds.

Support children if you see them:

- moving their head from side to side or up and down;
- moving their fixed point (e.g. their foot if balancing on one leg);
- moving their arms up and down to try to help them balance;
- making their bodies floppy.



Star Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep both arms straight as they bring them up from their sides to between their shoulders, and their heads high;
- move both legs out to the side, keeping them as straight as possible after the initial jump;
- are making a star shape with their arms and legs;
- bring their legs back together and bend their knees to land safely;
- bring their arms back down to their side as they land.



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Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- bending their arms and legs when they are trying to make the star position in the air;
- bringing their arms forward instead of out to the side.

Straight Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep both arms straight by their sides with fingers pointed towards the floor;
- keep their body in a straight, rigid position as they jump;
- bend their knees to land safely.



Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- moving their arms and legs about when completing the jump;
- moving their head about during the jump.

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Tuck Jump

Make sure children:

- stand with their feet shoulder-width apart, with their knees slightly bent;
- look forwards;
- bend their knees and push powerfully upwards into the jump, bringing their knees up to their chest;
- bring their arms forward to clasp together around their legs;
- release their legs as they descend;
- bend their knees to land safely.

Support children if you see them:

- struggling to bend their knees on takeoff or landing;
- not putting any power into their jump;
- not releasing their legs on descent.



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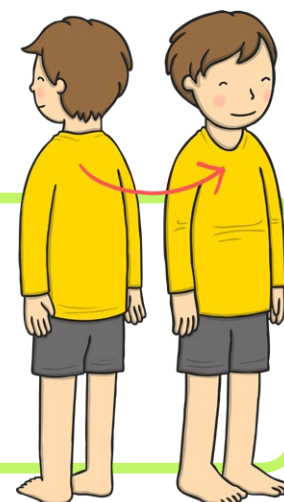
Half-Turn Jump

Make sure children:

- get in the ready position, with their ankles, knees and hips bent;
- look forwards;
- keep their arms by their sides;
- make both feet leave the ground at the same time;
- jump to end facing the opposite direction;
- bend their knees to land safely.

Support children if you see them:

- trying to turn/jump too far;
- overbalancing when they land;
- not bending / flexing the knees, hips and ankles.



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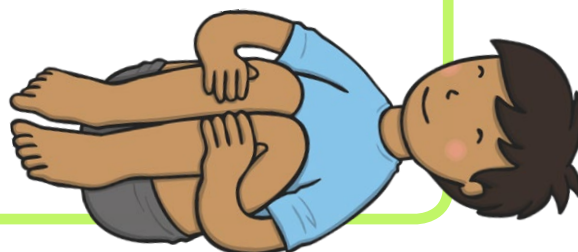
Egg Roll

Make sure children:

- curl up like an egg, bringing their knees to their chest and grasping them with their arms;
- keep their chin tucked in tight;
- hold their knees tight;
- keep their body tight and roll from one side, all the way over;
- practise rolling in both directions.

Support children if you see them:

- not holding their legs tight;
- struggling to roll from one side to the other;
- only able to roll in one direction.



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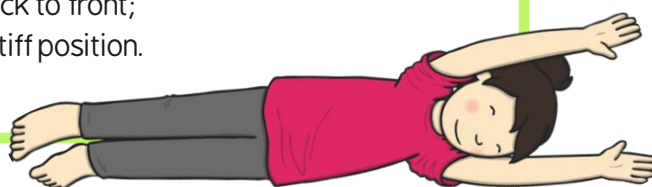
Pencil Roll

Make sure children:

- lie down on the floor, holding their arms and legs out straight;
- keep their arms and legs together;
- keep their body in a stiff position;
- roll from back to front, then front to back.

Support children if you see them:

- moving their arms and legs apart;
- struggling to roll from front to back or back to front;
- finding it difficult to keep their body in a stiff position.



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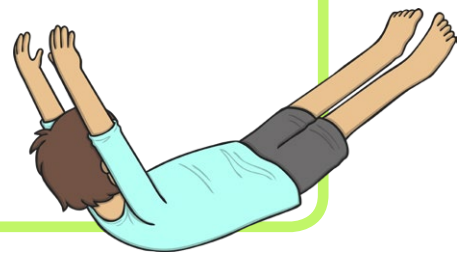
Dish Roll

Make sure children:

- lie down on the floor, putting their arms and legs out straight.;
- keep their arms and legs together;
- lift their arms and legs slightly off the ground;
- roll from back to front, then front to back.

Support children if you see them:

- moving their arms and legs apart;
- struggling to roll from front to back or back to front;
- having difficulty lifting their arms and legs off the ground;
- finding it hard to keep their body in a stiff position.



Rock on Back

Make sure children:

- sit on the floor with their knees bent up to their chest;
- tightly hold their knees with their hands;
- rock onto their back;
- rock back up to a seated position.

Support children if you see them:

- releasing their legs from their chest;
- struggling to rock back from a seated position.



Teddy Bear or Circle Roll

Make sure children:

- sit with their legs straight and apart;
- hold their legs on the back of their knees;
- roll back on to one of their shoulders, then across to the other shoulder, before sitting back up;
- keep their legs straight throughout the roll;
- start and finish in a straddle position.

Support children if you see them:

- releasing the backs of their knees;
- struggling to roll from one shoulder to another;
- bending their legs throughout the roll.

