



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 move around your space like an animal? Hop and jump like a rabbit Move quietly like a tiger Slither like a snake Slow like a tortoise Fast like a cheetah Stop like an elephant? Own ideas?	Think about your body shape when you move. Can you control your arms and legs at the same time	Task can be completed indoors or outdoors Play some music to help you move
Physical Competencies (balance & coordination, coordination, rhythm & timing, gross & fine motor skills, kinaesthetic awareness)	Practice jumping on the spot 5 times, stop, clap 5 times. Practise with a partner. Jumping and clapping at the same time Can you jump when they clap, then clap when they jump	Jump two feet to feet, landing on the same spot. Keep your feet slightly apart to help with your balance. Bending your knees to help your jump up and to land softly	Task can be completed indoors or outdoors
Personal Qualities (motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication)	Can you help an adult with a job around the house or garden	Listen to the instructions and practise even if it is tricky	
Cognitive Skills (problem solving, focus & concentration, decision making, creativity)	On your daily walk or looking out the window, can you count the number of red and white cars you see?	Parked cars count too	Paper and pencil to keep your score