



## Early Level (Nursery, P1)

Learning Goals	Learning Task	Learning Prompts	Additional Information
<i>The skills children will be developing and consolidating</i>	<i>What does the learner need to do to complete the task</i>	<i>Key points to help the learners work on the task</i>	<i>Equipment/space to complete the task</i>
<b>Physical Fitness</b> (speed, stamina, flexibility, core stability and strength)	Can you run on the spot for 1 minute without stopping?	Don't go too fast or you might have to stop - steady and gentle Control your breathing - deep breaths Have a little drink of water handy for after.	Indoors/Outdoors
<b>Physical Competencies</b> (balance & coordination, coordination, rhythm & timing, gross & fine motor skills, kinaesthetic awareness)	Can you throw a sock ball in the air and catch it? Can you throw the sock ball up and clap before you catch it again?	Keep your eye on the ball. Make a bowl shape with your hands to help catch and keep the ball in your hands.	Indoors/Outdoors Sock ball - rolled up socks make a great soft ball for throwing and catching activities
<b>Personal Qualities</b> (motivation, confidence & self-esteem, determination & resilience, responsibility & leadership, respect & tolerance, communication)	Can you complete a jigsaw without asking an adult for help?  Or using building bricks/duplo etc build a tall tower without it falling over?	Take your time with this activity. Think about how the pieces will go together. How many bricks did you use?	Indoors Jigsaw/Lego/building bricks/building blocks
<b>Cognitive Skills</b> (problem solving, focus & concentration, decision making, creativity)	Can you play a game of 'Hunt the Thimble' or perhaps use a toy instead.	Think of a good hiding place - up high, behind something Use the commands 'hot' when they are getting close and 'cold' when they move further away from the hiding spot	Indoor/Outdoors Toy to hide