

Key Knowledge and Concepts

Travelling:

Monkey walk



Caterpillar walk



Bunny hop



Crab walk



Cat spring



Health and safety

When performing a bridge, always lie on back with knees up to chest and rock afterwards.

When using apparatus, only one child at a time should use the equipment.

Dismount areas are indicated with mats.

If mats move once you have dismounted, replace mats.

Dismount apparatus using a straight, tuck or star jump, landing with bent knees.

Only perform skills you feel confident and competent completing.

Word	Definition
Spinning top	From a front support, run or walk feet around the hand on the floor.
Half lever	Sitting on floor with legs out in a 'V' shape, take weight on both hands beside hip. Lift
Full level	Sitting on floor with legs out in a 'V' shape, take weight on both hands beside hips. Engage abdominal muscles and lift legs off the floor.
Abdominal muscles	Muscles around the centre of the body to support the trunk, allow movement and protect