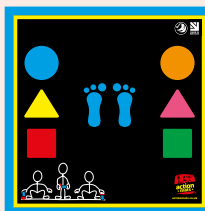
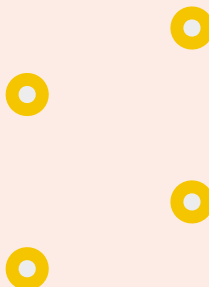
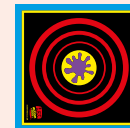
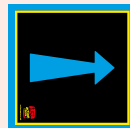


The Setup

Sequence – movement and coordination 2

What's needed

- x4 cones
- x3 splat mats
- x1 Arrow mat
- x3 mini mats (shape sorting mat,
whirlwind spin mat and touch toes mat)





This is a sequence activity designed to develop movement and coordination skills by focusing on the repetition and fluency of movement combinations. They work particularly well as part of a 'carousel' (where small groups of students complete different activities for a set amount of time and then move round to the next one) This means less time waiting between turns.

Sequences are not to be completed competitively; they are to be completed carefully and meticulously in order to develop mastery and avoid accidents.

Learning objectives

This learning activity is designed to develop children's skills in turn taking, listening and attention, following rules, and understanding the basic principles of competition.

Early Years Statutory Framework England

Physical Development

ELG: Gross Motor Skills

- Develop strength balance and coordination activities such as climbing dancing running and jumping
- Negotiate space and obstacles safely, with consideration for themselves and others.
- Develop agility and control over their bodies

Personal, Social and Emotional Development

ELG: Building Relationships

Work and play cooperatively and take turns with others.

ELG: Managing Self

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

ELG: Self-Regulation

Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

Instructions

Students should line up at the beginning of the sequence and only one student should go at a time.

First, students should complete 3 – 5 repetitions on the shape mat. (You will need to chose which shapes would like student to touch)

Next, students should side step between the cones changing direction fluently.

Students should then complete 3 – 5 repetitions on the spiral mat

Next, students should then jump with their feet together between the splat mats

Finally, students should complete 3 – 5 repetitions on the socks mat

Students should then walk to the back of the line and wait to repeat the sequence.