

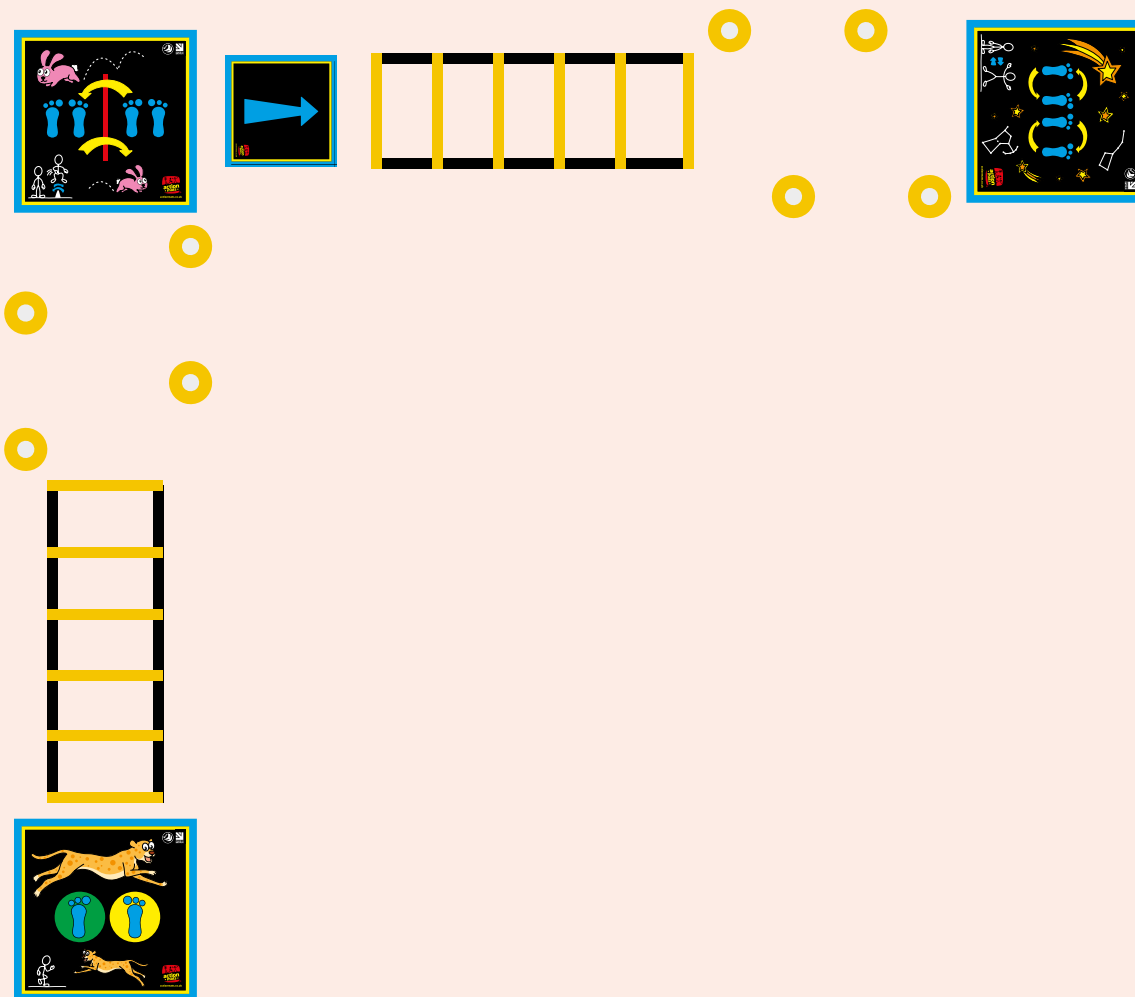


Sequence – movement and coordination 1

What's needed

- x2 Circuit ladders
- X10 Cones
- x3 Mini Mats (running on the spot, bounce bounce and star jumps)
- x1 Arrow mat

The Setup





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 fluidity through movement and muscle memory, and support their cognitive focus through repetitive sequencing.

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 seconds on the Cheetah Mat.

Next, students should carefully move through the circuit ladder, focusing their feet in the gaps and trying not stand on the ladder

Students should then move using side steps between the diagonal cones

Next, students should complete 3 – 5 seconds on the rabbit mat.

Students should then carefully move through the circuit ladder, focusing their feet in the gaps and trying not stand on the ladder

Next, students should move using side steps between the diagonal cones

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

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