

# Modules as Challenges

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## Foundation

### Body Management

1. How can I move? Can I use all my body or only parts of my body?
3. How can I go round and round? How quickly and slowly can I move?
5. How strong am I? Can I move powerfully and very gently?

### Manipulating Objects

2. Can I throw a ball?
4. Can I catch a ball?

### Confidence in the outdoors

6. How can I climb, swing, slide, crawl and balance on apparatus outside?

## Year 1

### Body Management

7. What shapes can I make with my body as I move?
9. Can I balance? Can I move up high and down low?
11. Which ways can I travel? What patterns can I make as I travel?

### Manipulating Objects

8. In what ways can I send a ball/projectile?
10. In what ways can I catch/trap/stop/ a ball/projectile?

### Confidence in the outdoors

12. Can I join movements together on the apparatus outside - climb, jump on/off, swing, slide, crawl and balance?

## **Year 2**

### **Body Management**

- 13. How can I get off the ground? How can I land safely?
- 15. How can I get up-side-down and then the right way up?
- 17. Which ways can I move - up, down, forwards, backwards, sideways?

### **Manipulating Objects**

- 14. Can I hit a target?

### **Moving with others sharing space**

- 16. How can I share the space with others? How can I use the space with others?

### **Confidence in the outdoors**

- 18. In what directions can I move on the apparatus outside? Can I go upside-down?

## **Year 3**

### **Body Management**

- 19. How big and small can I make my movements? Can I move really slowly and can I move in sudden spurts?

### **Manipulating Objects**

- 20. Can I send and stop a ball as I move?

### **Body Management – in water**

- 21. How can I move in, through and under the water?

### **Moving with a partner, observation and adaptation**

- 22. How can I move with others? Can I be the same and different?

### **My movement, self assessment, setting own goals, taking care of my body**

- 23. How am I doing? How can I take care of my body?

### **Confidence and body management in the outdoors**

24. How can I work with others to find my way and keep safe as we explore away from school?

## **Year 4**

### **Body Management**

25. Can I manage my body weight? Can I join movements together?

### **Manipulating Objects**

26. Can I send and stop a ball in different ways, accurately, as I move?

### **Moving with others in a small group, playing different roles**

27. How can I work with others? How can we share ideas?

### **My movement, self assessment, setting own goals, taking care of my body (2)**

28. Can I describe how I am doing? Can I set my own goals?

### **Body Management – in water**

29. How can I move through the water? How can I take care of myself in the water?

### **Exploring Movement across the Curriculum – functional movement**

30. How important is movement in everyday life – at home and at work?

## **Year 5**

### **Moving with others, creating**

31. Can I work with others to create a game, a sequence, a dance?

### **My movement, self assessment, nature of different activities, setting own goals, taking care of my body**

32. Where are my strengths in movement activities? Where do I need to practice most? How can I help myself to be fit and healthy?

### **Exploring movement across the curriculum – expressive movement**

33. How is movement used in dance and other arts?

### **Body Management**

34. What sort of steps can I take as I travel? Can I make step patterns on my own and with others?

### **Manipulating Objects**

35. Can I join skills together as I play with others in different environments?

### **Confidence and body management in the Outdoors**

36. Can I work with others to solve problems as we explore away from school?

## **Year 6**

### **Body Management**

37. Can I repeat a movement exactly ?

### **Body Management - in water**

38. How many ways can I propel myself through the water? How far can I swim? In which ways can I keep myself safe in the water?

### **Planning, implementing and working through my own module (1)**

39. Can I work with others to assess my strengths and weaknesses and plan, implement and evaluate a module to improve an aspect of my movement?

### **Moving with others, planning**

40. Can I work with others to plan a module for the group?

### **Manipulating Objects**

41. Can I combine my skills to work with others/compete against others?

### **Planning, implementing and working through my own module (2)**

42. Can I work on my own to assess my strengths and weaknesses and plan, implement and evaluate a module to improve an aspect of my movement?