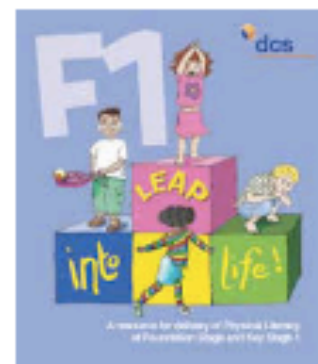




The LEAP program is divided into four strands, each with a different focus and learning intention.



Manipulative Movement

Focused on the ability to work with equipment and small apparatus and co-ordinate movements.



Aesthetic Movement

Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics.

Movement Concepts

The development of, decision making, how where and why to move and directional awareness.

To develop a knowledge of the body parts and how they move.

To roll a ball in a set direction. To trap a ball when receiving.

To create large and small body shapes. To travel over, under and through a variety of objects



Key skills in Nursery Leap

Functional Movement

The development of fundamental movement skills.

To walk in a variety of directions and to a variety of different speeds.

To bend and straighten knees with balance and core stability. Progress from two feet bend and balance to one foot stabilizer.



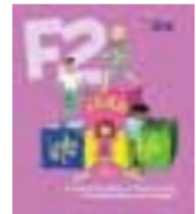
To jump from one foot to two feet and two feet to one: join moves together.

To use hands to stop a variety of objects. To use arms and body to scoop and trap.



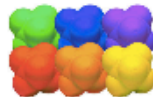


The LEAP program is divided into four strands, each with a different focus and learning intention.



Manipulative Movement

Focused on the ability to work with equipment and small apparatus and co-ordinate movements.



Aesthetic Movement

Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics.

Movement Concepts

The development of, decision making, how where and why to move and directional awareness.

To develop a take off action for a variety of jumps. To develop correct landing technique.

To jump from one foot to two feet, and one foot to one foot, leading with either leg.



To visually track a ball (and trap it with hands) and prepare to catch.



To move to a variety of tempos aesthetically, with music.

Use cross-lateral techniques to refine movement: walk, run, climb and throw.

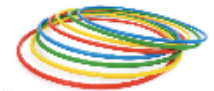


To kick a ball in various directions using both feet. To swing a racket or bat to strike a ball.



Functional Movement

The development of fundamental movement skills.



To link together asymmetrical body shapes and movements.

To change the direction of travel of isolated body parts and the whole body. To include balance.





The LEAP program is divided into four strands, each with a different focus and learning intention.



Manipulative Movement
 Focused on the ability to work with equipment and small apparatus and co-ordinate movements.

Movement Concepts
 The development of, decision making, how where and why to move and directional awareness.

To bend and stretch using a variety of different levels and directions as part of continuous movement.

To change the direction of movement using the upper body to lead.



Key skills in Year 1 Leap

To move into new spaces, using a variety of different levels.



To develop a movement sequence based on levels - high - low - medium - high.



To kick a ball to a variety of distances.
 To strike a ball to a variety of distances.



Aesthetic Movement
 Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics.

Functional Movement
 The development of fundamental movement skills.

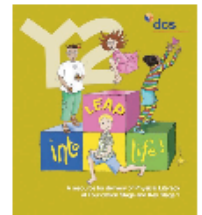
To move cross laterally to music, showing good control.

To explore stepping patterns, using right and left concepts.

To bounce and catch with a partner, using a variety of balls.



The LEAP program is divided into four strands, each with a different focus and learning intention.



Manipulative Movement

Focused on the ability to work with equipment and small apparatus and co-ordinate movements.



Aesthetic Movement

Incorporates body awareness and the ability to interpret a variety of stimuli through movement focused on dance and gymnastics.

Movement Concepts

The development of, decision making, how where and why to move and directional awareness.

To bounce dribble a ball and pass. To run into spaces needed to release and receive a ball.

To perform fundamental locomotor skills to music, developing rhythm and timing of movements.



To run and kick a ball. To position body to strike a ball to a receiver.



To work in pairs to create symmetry and asymmetry in cross-lateral movement.

To change the speed and rhythm of movements within a routine / sequence. To explore different styles and forces of movement.

Functional Movement

The development of fundamental movement skills.

To use a range of running techniques.

To roll forwards from a standing start to a standing finish.



To link travelling moves with balances of various levels.

