

Object Manipulation 1

EYFS - Object Manipulation 1



One of the 3 key fundamental movement skills this unit works on children's familiarity with objects and confidence in moving them in different ways.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Find a good space Show increasing control over an object in pushing it around parts of my body Play games, taking turns.	Show increasing control over an object Twist and turn Reach and bend	Move a ball with control and in different directions Apply the right amount of force to a ball	Roll a ball Stop a ball when it is rolled to me.	Catch an object. Throw underarm accurately for my friend to catch.	Bounce and catch a ball. Travel around bouncing safely
KNOWLEDGE I know.....	How to find a space How to travel around safely	That I need to concentrate to work well with a partner.	How to mirror a partner How to follow.	What good positions are for rolling a ball and for stopping a ball.	How to make a target with my hands to receive a throw. How to stand when throwing underarm.	That I need to keep my head up when bouncing. How much force I need to bounce with to catch my own
ASSESSMENT I can...	Run skilfully and negotiates space	How to keep play going by responding to what others are saying or doing.	Manipulate an object with control and coordination	Show increasing control over an object	Welcome and value praise for what I have done.	Show increasing control over an object