

How high can I jump?



Let's jump for joy! How high can I jump? How fast can I run? It's time to find out more about sport, movement and physical activity.

This half term, we'll visit an adventure playground or activity centre where we'll explore different ways to move around. Back in the classroom, we'll investigate if different types of balls, float or sink when in water. We'll also observe, handle and draw a range of sports equipment, and learn how to identify which foods are healthy and unhealthy. Keeping active, we'll join in with actions to traditional nursery rhymes, practise balancing along sports equipment, take part in keep fit sessions and join in with dancing from a range of genres and countries. In literacy, we'll retell the story of *The Hare and the Tortoise* and describe our actions using simple and complex sentences. Using our maths skills, we'll find out how high and how far we can jump by using standard and non-standard measures. We'll also work together as a team to organise and take part in a sports challenge day. Be on the lookout for your invitation!

At the end of the project, we'll invite you to a 'Sports personality of the year' presentation. What awards will we win? We'll also write sentences to describe our sports day and use equipment to record what we have learnt during the project.

Areas of learning	Early Learning Goals
Communication and language	Listening and attention; Understanding; Speaking
Physical development	Moving and handling
Personal, social and emotional development	Self-confidence and self-awareness; Making relationships
Literacy	Reading; Writing
Mathematics	Numbers; Shape, space and measures
Understanding the world	The world; Technology
Expressive arts and design	Exploring and using media and materials; Being imaginative

Help your child prepare for their project

Sport is super! Why not get those outdoor toys out of the shed and kick, bounce and slide the afternoon away together? You could make predictions about how high you both can jump and how fast you both can run, and put them to the test. When you're finished being active, why not research how fast certain animals are and how high they can jump. Can you out-jump a kangaroo?