

Play to Learn in the Foundation Phase

Technical Skills
Manual

safety

self-
esteem

fun

regular
physical
activity

healthy
bodies

This manual is part of the 'Play to Learn' resource which has been written to support the delivery of Physical Development and Creative Movement within the Foundation Phase.

The aim of this manual is to aid practitioners' understanding of the development of physical skills and provide strategies in order for the children to become more skilful.

Many of the skills featured in this manual can be practised in the water.

The  icon identifies these skills.

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Hierarchy of Gross Motor Skills

Stage Locomotor Body Management Actions Manipulative Actions

As they develop

Crawling
Crawling Soldiers
Walking
Foxes
Running
Jumping and Landing
(Frog Hopping)

Body Awareness
Straight Shape
Star Shape
Angry Cat
Balance (one foot)
Climbing
Pushing an Object
Log Roll

Underarm Roll
Underarm Throw

As they progress

Hopping
Jumping (distance)

Pulling an Object

Catching an Object
Kicking a Ball

As they become more skilful

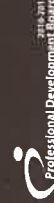
Leaping
Galloping
Skipping

Lunging
Dodging

Two-handed Throw
Bouncing a Ball
Overarm Throw
Dribbling with Feet
Dribbling with Hands
Trapping with Feet
Striking an Object with Hands or Bat

*These water-based skills have been taken from the 'Making a Splash in the Foundation Phase' resource pack

Sportswales
Chwaraeonysym



As they develop Locomotor

Crawling

Technical Skills

Crawling is a basic locomotor movement that involves the arms and legs working in opposition along a narrow path. Bodyweight is supported on hands and knees with the child assuming an 'Angry Cat' position. The skill can involve crawling along, through and under objects.

1 Support the bodyweight on hands and knees in 'Angry Cat' position



2 Hands are flat on floor/surface

3 Reach forward and move opposite knee at same time

4 Arms and legs move in opposition

5 Knee is placed behind hand each time

6 Move forward in a straight line

If you see...

Observation	Likely Cause	Solution
Bumps into objects	Head is tucked in	Keep head up
Fails to hold body position	Limited muscular strength	Support weight on elbows
Sways or falls over	Limited balance and coordination	Adopt shoulder-width base. Reinforce opposite arm/leg movement
Makes little or no movement	Arms attempt to pull, but little use of legs	Encourage legs and arms to work together
Arms and legs shuffle along the floor	Lacks confidence to raise arms off the floor	Slow down and exaggerate action

Opportunity to develop:

Coordination - Control - Spatial awareness - Strength (wrists & shoulders) - Body awareness. Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure... the surface is free from sharp objects that time spent crawling is kept to a minimum to reduce friction burns

As they develop Locomotor

Jumping and Landing

Technical Skills

Jumping and landing (Frog Hopping) involves taking off on one or two feet and landing on two; with feet, ankles, knees and hips absorbing the force. Vertical height is achieved by bending at the knees and swinging both arms forwards and upwards above the head.

1 Feet shoulder-width apart



2 Bend knees - 'Frog Hopping' position



3 Take the arms back and swing them forward and upward



4 Push off the balls of the feet and reach up as high as you can with the arms



5 Keep your body straight and head up



6 Land bending the hips, knees and ankles

If you see...

Observation

Not much height in the jump

Likely Cause

Jumps from straight legs, with no evidence of bending of knees, or preparatory crouch. Looks down

Solution

Bend knees and explode or jump up, reaching upwards. Work on bending and stretching

Feet do not leave the ground together

Jumps off preferred foot, or feet are not together on take-off

Place markers for child to stand on at take-off

Arms not used in the jump

Arms are down by side and do not contribute to the jump

Start with arms behind them and swing them up

Body not fully extended in the jump

Brings their heels up under their bottom, legs tucked up

Use their legs in the jump. Work on straight body shape

Lands with straight legs

Legs do not bend at the ankles, knees and hips on landing

Curl back up on landing. Go from a straight shape to a small shape

Lands noisily

Lands flat-footed

Land as 'quietly as a mouse' on balls of feet

Opportunity to develop:

Coordination - Control - Spatial awareness - Leg strength

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure...

children land on the balls of their feet
children bend their legs on landing
jumping on hard surfaces is kept to a minimum

repetitive jumping is avoided

As they progress

Locomotor

Technical Skills

Hopping

Hopping is a continuous skill that involves taking off and landing on the same foot. Hopping may occur on the spot or travelling. Hopping is an important feature in basketball lay up and the triple jump.

1 Lift one leg, bending knee

2 Bend the knee of the supporting leg



3 Drive elbows backwards



4 Push from the ball of the foot, swinging arms forwards and upwards



5 Land softly on the ball of the foot, and take-off, bending at the knee



6 Keep the head up and look forwards



If you see...

Observation

Hops flat-footed

Likely cause

Lands on heels rather than toes. Step onto the toe

Solution

Take-off from ball of foot, bend knees, travel light footed. Practise activities that develop stepping and extending/reaching off tip-toes

'Chicken wings' or arms used in opposition

Both arms are moving forward or backward together. Arms may be up by their shoulders

Arms assist with movement. Drive with both arms as hop onto the leg. Practise swinging action of arms

Momentary flight

Hopping leg is far too straight and the non-hopping leg is passive and does not swing through

Step onto hopping foot and drive up onto toes. Use the non-support leg to drive up with the knee

Leg and arm action not synchronised

Balance lost after a couple of hop steps. The support leg tends to be behind the body

Ensure that the body does not lean forward too much and the body gets too advanced on the landing foot. See if the child can hop and spot the landings

Non hopping leg constantly hits the floor

Not aware of non-hopping leg

Non-hopping leg needs to be held up off the floor

No distance or height achieved by the hop

Lack of arm action

Practise arm action

Opportunity to develop:

Coordination - Control - Strength

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure...

children do not perform too many consecutive hops
children bend their knees on landing
children do not land on hoops
the surface is safe/appropriate

As they progress Locomotor

Jumping (distance)

Technical Skills

The jump for distance is commonly known as the standing broad jump which is a horizontal movement. Take-off and land on two feet.

1 Feet start together

2 Head up and eyes looking forward

3 Bend knees into the 'Frog Hopping' position

4 Swing arm backwards, then quickly forwards

5 Push off with both feet, with toes leaving the floor last

6 Arms reach out in front of the body

7 Both feet land together, bending ankles, knees and hips

If you see...

Observation

Falls forward or backward on landing

No leg extension on take-off

Little distance in the jump

Jump is upwards rather than forwards

Lands standing upright

Falls back on landing

Falls forward on landing

Likely cause

Arms not swinging through

No preliminary crouch at start of the jump

Arms initiate the jump forwards, little backswinging

Arms move backwards acting as breaks to stop the momentum or trunk is too upright on take-off

Too upright and trunk is not leaning forwards on take-off

Arms are not reaching out on landing

Arms are held at the side of the body

Solution

Work on arm movement

Practise being a coiled spring and exploding, a firework, a fizzy drink
Start with arms behind them and throw them forwards

Start with the arms behind and throw them forwards and upwards. Lean forward 45° on take-off

Practise 'Frog Hopping'

Land with legs and arms reaching out

Reach out with hands on landing

Opportunity to develop:

Control - Balance - Spatial awareness -

Leg strength

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

Safety!

Ensure...

children land on the balls of their feet
children bend their ankles, knees and hips on landing

repetitive jumping is avoided
jumping on hard surfaces is avoided
safety when jumping into hoops

As they become more skilful

Leaping

Technical Skills

Leaping is a large step taking off from one foot and landing on the other. The skill can be a single movement as in leaping over an object or used continuously. It is important for athletics, some traditional dances and some major games.

1 Step forward



2 Drive upward and forward from the ball of the foot



3 Lean forward with the upper body while leaping into the air



4 Stretch forward with opposing arm and leaping leg



6 Drive the leg through to repeat the leap

5 Land on the ball of the foot with knee, hip and ankle bent

Opportunity to develop:

Coordination - Physical control - Motor skills

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous' and physical play' skills sections

If you see...

Observation

Fails to gain much distance in the flight phase

Finds the push-off phase difficult

Difficulty in using their arms in opposition to the take-off leg

Difficulty in stretching and reaching with the leading leg

Likely Cause

Takes off with a straight leg

Push off from the ball of the foot

Difficulty with coordinating arms and legs working in opposition

Difficulty in coordinating initial movement which requires a run and take-off on one foot

Solution

Practise hopping into the air

Rock back and forth from their heel to their toe. Step on to the front of their foot and extend up

Practise activities that involve opposite leg and arm working together

Walk through taking little steps and encourage stretching and pointing the toe

Safety!

Ensure...

children land on the balls of their feet
repetition of leaping action is avoided on hard surfaces

the surface is not slippery
children bend their knees on landing

As they become more skilful

Locomotor

Skipping

Technical Skills

The skip is a rhythmic movement involving a step-hop on one leg, then transferring weight to other foot to repeat the pattern. Children often skip spontaneously in response to music, strong rhythms/beats or to express happiness. It is included in many traditional dances.

1 Step forward and hop onto that foot

2 Bend non-stepping leg and lift it up in front of the body

3 Swing arms in opposition to the legs

4 Push strongly upwards and forwards during hop phase, using arms to assist and gain height and distance

5 Land softly on the balls of the feet

6 Keep the head up, looking forwards

7 Repeat with the other foot



If you see...

Observation

Skips on the same foot

Deliberate step-hop action

Not able to maintain step pattern for more than two or three cycles

Action appears disjointed

Likely cause

Confuses the movement with galloping, which leads with the same foot

Not really a problem as all children will demonstrate a deliberate step-hop pattern in the initial stage

Difficulty coordinating the legs and arms

Initially the movement will appear segmented as the child attempts to think how to join up the step and hop phases

Solution

Walk through the movement with the child

Reassure that this is the correct movement, and explain that the skill needs to travel, arms need to be driven forward and the hop phase needs to go forward

Slow action down and ask children to say actions out loud as they perform, step-hop, step-hop, etc.

Think of skipping as walking with a little hop on the end of each step

Opportunity to develop:

Coordination - Spatial awareness - Motor skills - Accuracy

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous' and physical play' skills sections

Safety!

Ensure...

the area is free from objects
the surface is not slippery

As they develop Body Management

Climbing

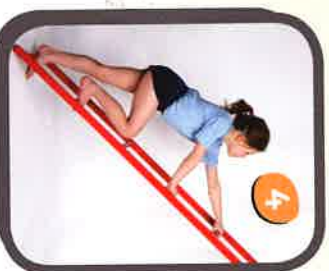
Technical Skills

Climbing is achieved by alternately gripping with and pulling on arms and pushing with legs. Efficient climbing allows children to explore their surroundings and satisfy their inquisitive nature.

3 Pull on the right hand and push with the left leg

2 Step onto the first rung of the ladder/ climbing frame with the right foot

1 Reach the right hand up and grip the bar/ rung firmly by placing the thumb around the bar/rung



4 Reach the left hand up and grip bar/rung firmly. At the same time step up onto the next bar/rung with the right foot

5 Continue to take one step at a time

Opportunity to develop:

Coordination - Balance -
Motor & manipulative skills -
Spatial awareness - Upper body strength
Physical Development Area of Learning -
contributes to 'Personal' and 'Adventurous
and physical play' skills sections

If you see...

Observation

Likely Cause

Child wobbles

Uses the same foot and hand

Stops between steps

Lacks confidence, or lack of body strength

Hands slip off from the equipment

Fails to wrap their thumbs and hands around the bar/rung

Child swings off the climbing apparatus

Improper sequencing of the movements of the arms and legs

Solution

Practise crawling and 'Crawling Soldiers'

Allow children to climb up small objects initially to get confidence and build up strength

Explore activities that progress the ability to grip and grasp, e.g. holding hands, pulling a partner back and forth, pulling objects

Practise marching, simple stepping actions ('Foxes') and crawling activities ('Crawling Soldiers') on the mat, encouraging legs and arms to work in opposition

Safety!

Ensure...

children are aware of other children's hands when climbing
children climb no higher than their own height
the number of children climbing at any one time is restricted