

# 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.

<b>Language, literacy and communication skills</b>	Oracy; Reading; Writing
<b>Mathematical development</b>	Developing numerical reasoning; Using number skills; Using measuring skills; Using data skills
<b>Personal and social development, well-being and cultural diversity</b>	Personal development; Social development; Well-being
<b>Knowledge and understanding of the world</b>	Myself and other living things
<b>Physical development</b>	Personal; Adventurous and physical play; Health, fitness and safety
<b>Creative development</b>	Art, craft and design; Creative movement

## 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?