

Review of Term 2 Leaps & Bounds Programme 2021 at Chen Li Kindergarten

During term 2, N2 and K1 students learned skills from the following modules :

1) Super stunts module has important components of a child's physical activity experience. Super Stunts are primarily designed to increase abilities such as coordination, flexibility, agility, and strength. In addition to these physical elements, children learn important personal lessons such as self-confidence and initiative; and as many stunts are not mastered immediately, perseverance and dedication. The learning objectives covered are role play, upper body strength, lower body strength, agility and balance.

2) Parachute play module is fun and it provides all children opportunities to participate successfully as part of a large group activity. The lessons in Parachute Play integrate previously learned non-locomotor and locomotor skills and introduce new ways to practice creative imagery and enhance rhythm and timing. Moving a large parachute encourages cooperative behaviour among children while improving cardiovascular fitness, muscular strength, flexibility, and balance. Social skills (e.g., sharing, taking turns, courtesy, and respect for others) are also addressed in these group activities that require a cooperative effort.

3) Hoop it up module provides enjoyable and creative opportunities for healthy movement and is the first module where children handle and manipulate a large object by themselves. Hoops may be used to instruct children in the concepts of over, under, around, and through. They help develop hand-eye and general coordination via spinning and rolling. Incorporating music with hoop activities also enhance a child's sense of rhythm and timing, as well as the ability to move gracefully through space. The learning objectives covered are listening skills, large object manipulation and locomotor skills along different pathways.

N2 students



We are little bunnies hopping around



Elephants with long trunks stomping our feet



We are frogs jumping high



The lions are prowling around



Watch out for the crabs



Balancing on one leg



Side balancing



Parachute jump & making waves



Parachute merry-go-round with locomotor skills



Working as a team as we move the wheel with various locomotor skills



Parachute Popcorn Play



Explore & play with hoops



Movement with hoops – in, out, over, under & through



Roll the hoop along straight, zigzag curve pathways



Throw the hoop over the cone



Large object manipulation skill



Learning to have dynamic balance while transfer of weight in going through hoops



Manoeuvring our body through hoop with proper movement & balance

K1 students



Do we look like bunnies hopping around?



Watch out, the crabs are coming



Can you jump as high as the frogs?



The lions are prowling around



Balancing on one leg like the flamingos!



Star side balance



Forward balance



Parachute play with locomotor skills - Merry go round !



Popcorn – make all the balls fly out!



Under the big umbrella



Explore with hoop – spin it around us



Explore with hoop – spin it around



Roll & catch with partner



Object manipulation – roll the hoop along different pathways – straight, zigzag & curve



Throw the hoop over the cone!



Aim & throw hoop over the cone



Develop dynamic balance while manoeuvring body through hoop



To learn to transfer weight while going through hoop



Transfer of weight while maintaining dynamic balance



Move & stretch while going through hoop

K2 students

For K2 students, the modules they learned in term 2 are as follows:

1) In **Balance, stunts and introductory tumbling module**, activities are closely related to gym activities. Stunts are primarily designed to increase abilities such as spatial awareness, balance, coordination, flexibility, agility, cardiovascular endurance and muscular strength. Tumbling involves various types of body rolls and inverted balances that encourage the development of these same attributes. Lessons covered basic body position, static balances, jumping, weight transfer, egg / log rolls, backwheel and forward rolls.

In addition to these elements of physical fitness, children learn important personal lessons (e.g., self-confidence, initiative), and, as many stunts are not mastered immediately, perseverance and dedication.

2) **Catching and throwing module** focuses on the fundamental skills of catching and throwing with the use of balls and beanbags. Activities include developmentally appropriate cues for rolling balls, and throwing beanbags using underhand and overhand throw. Students also practice rolling and throwing for accuracy and distance, at stationary objects. Throws are combined with catching skills when played with partners. In addition to throw and catch skills, students also learn spatial awareness, visual-motor co-ordination and co-operation with their partners.



Strengthening our core – practising plank pose



Side plank



Tabletop pose



Strengthening core with one hand & one leg raised



Balancing on one leg



Forward balance



Balancing walk on a line



Balance walk & jump over obstacle on line



Strengthening our core - Log roll



Pencil roll



Egg / tuck roll



Practising backbends Wheel pose



Tuck position



Tuck, roll back & forth



Roll back & stand



Forward roll



Forward roll



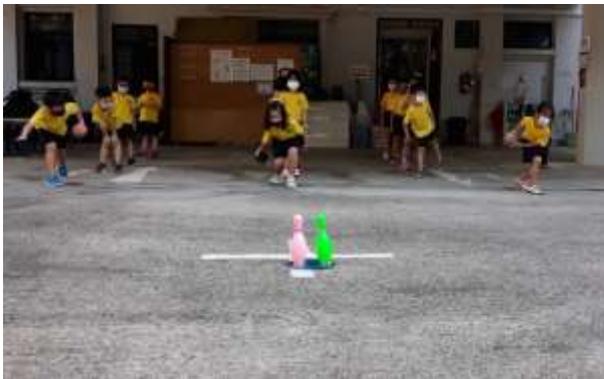
Object- control skill : Rolling ball



Roll & catch ball with partner



Roll the pins down!



Rolling with accuracy



Learn Overarm throw



Overarm throw



Overarm throw with accuracy – reach for the 4 stars!



Overarm throw & catch with partner



Overarm throw for distance



Underarm throw for distance & accuracy



Object-control – self tossing of ball



Develop dynamic balance while manoeuvring body through hoop



Transfer of weight while maintaining dynamic balance