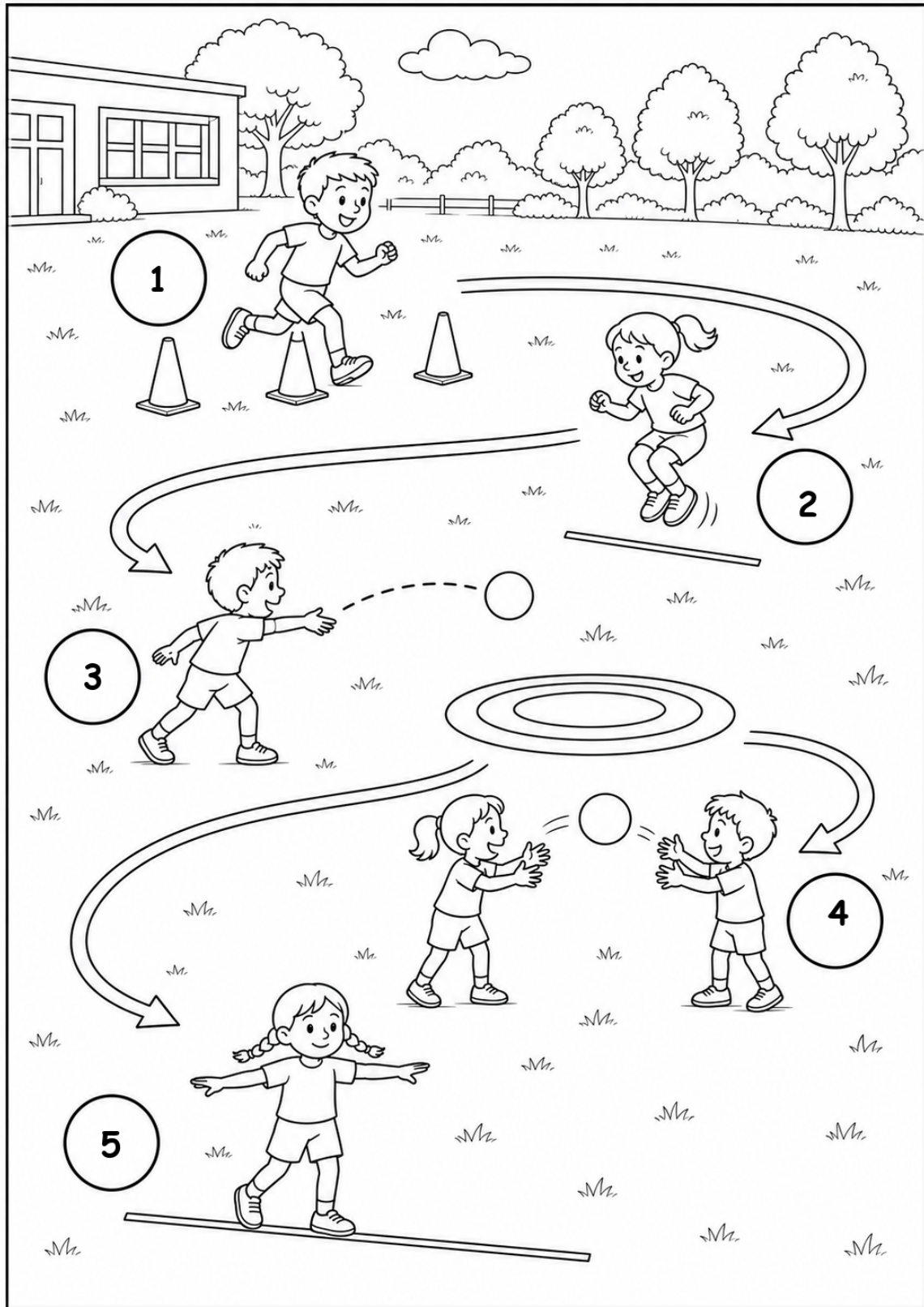


Healthy Movement Skills Colouring Circuit

KS1 / Year 1 - Physical Education

Colour and follow the five-station movement circuit: run, two-foot jump, underarm throw, catch with a partner and balance.



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Parent & Teacher Guidance

Curriculum focus

Topic: Healthy activity. Develop accurate observation, subject vocabulary and evidence-based explanation. Mapped scope: KS1 Physical Education: mastering basic running, jumping, throwing and catching while developing balance, agility, coordination and cooperative activity..

Before you begin

Review the picture together and ask the learner what they already notice about Healthy activity. Read the activity aloud, explain unfamiliar vocabulary, and agree which details need special attention.

Solo activity

The learner can complete the colouring independently, then use the finished page to explain three details linked to Healthy activity. Encourage accurate colour choices where they carry meaning, but allow creative choices elsewhere.

Group activity

Give pairs or small groups different areas to inspect. Ask them to agree on evidence before colouring, compare their findings, and present one curriculum fact to the class. Finish with a whole-group check against the guidance below.

Questions to guide discussion

What evidence can you see? Which feature is most important and why? How does one part connect to another? What new fact about Healthy activity can you explain using the picture?

Answers and checking

Station 1: run with control between cones. Station 2: take off and land softly on two feet over a low floor line. Station 3: underarm throw a soft ball towards a large target. Station 4: watch and catch a large soft ball with a partner. Station 5: balance along a low floor line. Adults should adapt space, distance and equipment to the learner and environment.

Learning record and next steps

☐ Completed the colouring

☐ Explained key vocabulary

☐ Completed the activity

☐ Used visible evidence

Evidence noticed / vocabulary used

Next step:
