

Year group Reception - PE

Games	Gym	Dance	Physical Development (Health & Fine Motor)
G1 Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.	GY1 Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking skipping, jumping, climbing	D1 Progress towards a more fluent style of moving, with developing control and grace.	P1 Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
G2 Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.	GY2 Develop overall body-strength, balance, coordination	D2 Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.	P2 Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian.
G3 Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.		D3 Combine different movements with ease and fluency.	P3 Develop the foundations of a handwriting style which is fast, accurate and efficient.
		D4 Listen attentively, move to and talk about music, expressing their feelings and responses. EAD	P4 Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes- personal hygiene
		D5 Watch and talk about dance and performance art, expressing their feelings and responses. EAD	

		D6 Explore and engage in music making and dance, performing solo or in groups. EAD	

Topic coverage

Autumn 1 Marvellous Me!	Autumn 2 Our Wonderful World	Spring 1 A World of Pure Imagination	Spring 2 A Magical Adventure	Summer 1 All Creatures Great and Small	Summer 2 Let the Adventure Begin!
GY1 GY2 P1 P2		D1 D2 D3 D4 D5 D6 G1 P3 P4		G1 G2 G3	

Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Rolling, running, crawling, hopping, walking, skipping, side stepping, rolling, jumping, travel climbing. Body strength, balance, coordination, Balancing, Climbing, High, Low Movement - strong, gentle, heavy, floppy Space - between, through, above. Co-operation - share, wait, before, after. grip, brush, draw, cut, hold, grip, scoop, exercise, eating, healthy foods, toothbrushing, screen time, pedestrian.		Moving, forwards, backwards, sideways, turn, running, walking, hopping, jumping, Slow, Fast, Direction, Forwards, Backwards, Sideways, Co-ordination, Travel, Obstacles, Space, Running, Walking, Travel, Slithering, Shuffling, Rolling, Crawling, Jumping, Slither, Gallop, Shuffle, Roll, Crawl Sliding, posture, sitting, combine, listen, move, music, Feeling - happy, excited, sad, angry Movement - strong, gentle, heavy, floppy Combinations Rhythm Beat Body actions - stretching, curling, reaching, twisting, turning		Throwing, catching, kicking, passing, batting, aiming, balance, coordination, apparatus, independently, group work, Space - between, through, above. Co-operation - share, wait, before, after	

	Independent, Group, Watch, express, respond.	
I will know.....	I will know.....	I will know.....
<ul style="list-style-type: none"> - How to travel in a variety of ways. - How to move in a variety of ways How to experiment with a range of balances - How to navigate a range of equipment with confidence. - How to move in different ways. - How to experiment with large and small movements. - How to jump off an object and land safely. - How to grip a range of tools confidently. - How to use a range of tools. - How to use a range of tools safely. - How to keep healthy by eating the right foods. - How to keep healthy by regularly exercising. - How to keep healthy by leading a healthy lifestyle at home, outside and at school. 	<ul style="list-style-type: none"> - How to experiment with movements with a range of music. - How to move with grace. - How to move with control. - How to move and express feelings through dance. - How to combine movements to dance. - How to sit with a good posture. - How to watch a performance. - How to respond to a performance. - How to dance and perform solo. - How to dance and perform as part of a group. 	<ul style="list-style-type: none"> - How to negotiate space. - How to avoid obstacles when moving at speed. - How to adjust speed - How to change direction - How to move in different ways. - How to control movements with increasing co-ordination - How to suggest which way to move is the most effective. - How to suggest which way to move is the most effective - How to throw, kick, catch, push and pat object with control. - How to control movements with increasing co-ordination. - How to experiment with large and small movements. How to use a range of apparatus safely indoors alone and in a group. How to use a range of apparatus safely outdoors alone or in a group.