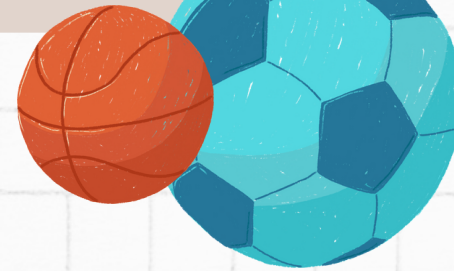




Physical Development-



Reception

Knowledge and skills

To revise and refine the fundamental movement skills they have already acquired.
Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
To further develop the skills they need to manage the school day successfully.
To use their core and muscle strength to achieve good posture when sitting at the table or on the floor.
-I can confidently move in a range of ways. Running, hopping, skipping.
-I am beginning to throw and catch a ball with some control.
-I have good core strength and balance.
-I have some fine motor control, which will still be developing.



Physical Development- Autumn Term

Opportunities

Autumn Term - Cool kids intervention
Get set 4 PE scheme - Introduction to PE unit 2
Daily access to outdoor areas for gross motor movement.
Directional language to instruct movement, opportunity to observe, practice and perfect movements.
High quality modelling of gross and fine motor skills from practitioners and peers.
Access to a wide range of resources, balance bikes, scooters, bats balls, hoops...

Vocabulary

Run, jump, skip, catch, roll, skip,
co-operate communicate, rules, decisions, think.
Movement, go, stop, change direction, safely.
Stacking, climbing, pushing, pulling, constructing,
lifting, carrying
spin, rock, tilt, fall, slide, bounce.
Core strength, posture

Physical Development- Spring Term

Knowledge and skills

To Revise and Refine the fundamental movement skills they have already acquired.
Progress towards a more fluent style of moving, with developing control and grace,
Develop their small motor skills so that they can use a range of tools competently, safely
To further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.
-I can confidently move in a range or ways - dribbling a ball, throwing, catching, balancing, jumping, hopping, skipping.
-I can perform a short sequenced dance routine.
-I am beginning to form letters with control and have good posture and pencil grip.

Opportunities

Get set 4 PE Scheme - Spring 1 Ball skills unit 2
Spring 2 - Dance Unit 2
Links to EAD - watching and talking about performances- Dance club to perform a routine for Reception to see and discuss.
Opportunity for the children to move to a range of music and perform.
Daily access to indoor and outdoor spaces to explore gross and fine motor movements.
Phonics - daily rehearsal of forming letters and holding pencil, sitting with the correct posture.
Daily access to paint, scissors, knives, forks, spoons

Vocabulary

Roll, track, throw, dribble, kick, catch.
Co-operate, communicate, take turns.
Perseverance, independence, determination.
higher, faster, further. balance, stillness.
Copy, repeat, explore, remember, expression,
ideas, movement, control, co-ordination, respond.



Reception

Knowledge and skills

- To combine different movements with ease and fluency.
To develop overall body-strength, balance, co-ordination and agility.
To develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
To develop the foundations of a handwriting style which is fast, accurate and efficient.
- I can move confidently in a range of ways and am able to change direction.
 - My movements are accurate and precise .
 - I am strong and have good balance and co-ordination.
 - I can independently form letters correctly with ease.

Physical Development - Summer Term

Opportunities

- Get set 4 PE Scheme -
Summer 1 Fundamentals / Games unit 2
Summer 2 - Gymnastics unit 2
Access to a range of different size balls and bats, tennis balls, footballs, basket balls, ping pong balls...
Lots of opportunity to draw freely using a range of media and materials. Adult modelling of new skills and techniques.
Enabling environment - opportunity to revisit skills over time.
Handwriting opportunities - daily through phonics, modelling, correcting rehearsing and refining fine motor and formation.

Vocabulary

- Run, jump, hop, balance, change direction, travel
Throw, catch, strike, communicate, take turns, co-operate.
Keeping score, instructions, partner, rules.
Balance, jump, rock and roll, barrel roll, straight roll, travel, sequence



Reception End Point

Gross Motor Skills

- Children at the expected level of development will:
- Negotiate space and obstacles safely, with consideration for themselves and others.
 - Demonstrate strength, balance and coordination when playing.
 - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

Physical Development - Early Learning Goal

Fine Motor Skills

- Children at the expected level of development will:
- Hold a pencil effectively in preparation for fluent writing using the tripod grip in almost all cases.
 - Use a range of small tools, including scissors, paint brushes and cutlery.
 - Begin to show accuracy and care when drawing