



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, and 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 how to talk about the different factors that support their overall health and wellbeing: - regular physical activity – healthy eating – tooth brushing – 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.	GY3 I can jump off an object and land safely (40-60M)	D3 Combine different movements with ease and fluency.	P3 Develop the foundations of a handwriting style which is fast, accurate and efficient.



<p>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, tooth brushing, screen time, pedestrian.</p>	<p>Moving, forwards, backwards, sideways, turn, running, walking, hopping, jumping, Slow, Fast, Direction Forwards, Backwards, Sideways, Coordination, 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 Independent, Group, Watch, express, respond.</p>	<p>Throwing, catching, kicking, passing, batting, aiming, balance, coordination, apparatus, independently, group work, Space - between, through, above. Co-operation - share, wait, before, after</p>
<p>I will know.....</p>	<p>- I will know.....</p>	<p>I will know.....</p>



<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 coordination- 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 coordination.- 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.
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