

## Nursery & Reception- PE

	<b>Physical Development: Moving and Handling.</b>	<b>EAD- Being Imaginative</b>
<b>22-36 months</b>	<p><b>MH 1.</b> Runs safely on whole foot.</p> <p><b>MH 2.</b> Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</p> <p><b>MH 3.</b> Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</p> <p><b>MH 4.</b> Can kick a large ball.</p> <p><b>MH 5.</b> Walks upstairs or downstairs holding onto a rail two feet to a step.</p>	<p><b>BI 1.</b> Begin to make believe by pretending.</p>
<b>30-50 months</b>	<p><b>MH 6.</b> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping.</p> <p><b>MH 7.</b> Mounts stairs, steps or climbing equipment using alternative feet.</p> <p><b>MH 8.</b> Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p> <p><b>MH 9.</b> Can stand momentarily on one foot when shown.</p> <p><b>MH 10.</b> Can catch a large ball.</p> <p><b>MH 11.</b> Draws lines and circles using gross motor movements.</p>	<p><b>BI 1.</b> Creates movement in response to music.</p> <p><b>BI 2.</b> Notices what adults do imitating what is observed and then doing it spontaneously when the adult is not there.</p> <p><b>BI 3.</b> Uses movement to express feelings.</p> <p><b>BI 4.</b> Creates movement in response to music.</p> <p><b>BI 5.</b> Captures experiences and responds with a range of media, such as music, dance.</p>
<b>40-60 months</b>	<p><b>MH 12.</b> Experiments with different ways of moving.</p> <p><b>MH 13.</b> Jumps off an object and land appropriately.</p> <p><b>MH 14.</b> Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p><b>MH 15.</b> Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p><b>MH 16.</b> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p><b>BI 6.</b> Initiates new combinations of movement and gesture in order to express and respond to feelings, ideas and experiences.</p>
<b>Early Learning Goal</b>	<p><b>MH 17.</b> Shows good control and co-ordination in large and small movements.</p> <p><b>MH 18.</b> Move confidently in a range of ways, safely negotiating space.</p>	<p><b>BI 7.</b> Represents my own ideas, thoughts and feelings through dance.</p>

## Nursery Topic Coverage- PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>PD 9.</b> Can stand momentarily on one foot when show.</p> <p><b>PD 6.</b> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping.</p> <p><b>PD 7.</b> Mounts stairs, steps or climbing equipment using alternative feet.</p> <p><b>PD 11.</b> Draws lines and circles using gross motor movements.</p>		<p><b>PD 6.</b> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping.</p> <p><b>BI 1.</b> Creates movement in response to music.</p> <p><b>BI 2.</b> Notices what adults do imitating what is observed and then doing it spontaneously when the adult is not there.</p> <p><b>BI 3.</b> Uses movement to express feelings.</p> <p><b>BI 4.</b> Creates movement in response to music.</p> <p><b>BI 5.</b> Captures experiences and responses with a range of media, such as music, dance.</p>		<p><b>PD 10.</b> Can catch a large ball.</p> <p><b>PD 8.</b> Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</p>	
<b><u>Vocabulary</u></b>					
straight, pike, tuck, straddle, star, shape, curl, roll, position, body parts, travel, travelling- slither, gallop, shuffle, roll, crawl, jump, balance, climbing		travelling - slither, gallop, shuffle, roll, crawl actions - lead, follow copy, body parts, co-operation - share, wait, before, after, direction – forwards, backwards, feeling - happy, excited, sad, body actions e.g. stretching, curling, reaching, twisting, turning, movement - strong, gentle, heavy, floppy Space - between, through, above.		walking, running, throwing, fast, slow, catching, rolling, space, pushing, patting, kicking, bounce, control, co-ordination, bounce, body parts.	
<b><u>I will learn...</u></b>					
<ul style="list-style-type: none"> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to listen carefully and follow instructions.</li> <li>✓ How to climb confidently.</li> <li>✓ How to be safe when climbing/walking up stairs and steps.</li> <li>✓ How to balance on one foot.</li> <li>✓ How to draw circles using gross motor skills.</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to move to music using a range of body parts.</li> <li>✓ How to express feelings through dance.</li> <li>✓ How to capture experiences and responses with music and dance.</li> <li>✓ How to imitate what I have observed.</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to catch a large ball.</li> <li>✓ How to negotiate space successfully.</li> <li>✓ How to adjust speed and direction to avoid some obstacles.</li> </ul>	