

## 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>

## Reception Topic Coverage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>PD 13.</b> Jumps off an object and land appropriately.</p> <p><b>PD 15.</b> Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p><b>PD 17.</b> Shows good control and co-ordination in large and small movements. <b>(ELG)</b></p>		<p><b>PD 12.</b> Experiments with different ways of moving.</p> <p><b>PD 18.</b> Move confidently in a range of ways, safely negotiating space. <b>(ELG)</b></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> <p><b>BI 7.</b> Represents my own ideas, thoughts and feelings through dance. (ELG)</p>		<p><b>PD 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>PD 16.</b> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p>	
<b>Vocabulary</b>					
<p>slow, fast, direction, forwards, backwards, sideways, co-ordination, control, travel, obstacles, space, movement, slithering, shuffling, rolling, crawling, walking, running, jumping, landing, skipping, sliding, slither, gallop, shuffle, roll, crawl, balance, straight, pike, tuck, straddle, star, shape, curl, position, body parts, large, small, big</p>		<p>movement - strong, gentle, heavy, floppy, combinations, rhythm, beat, body actions - stretching, curling, reaching, twisting, turning independent, group, space - between, through, above. co-operation - share, wait, before, after, slow, fast, direction, forwards, backwards, sideways, co-ordination, control, travel, obstacles, space, movement, slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, slither, gallop, shuffle, roll, crawl, balance, straight, pike, tuck, straddle, star, shape, curl, position, body parts, large, small, big</p>		<p>pushing, patting, kicking, bounce, pushing, throwing, catching, slow, fast, direction, forwards, backwards, sideways, co-ordination, control, travel, obstacles, space, movement, slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, slither, gallop, shuffle, roll, crawl, balance, straight, pike, tuck, straddle, star, shape, curl, position, body parts, large, small, big</p>	
<b>I will learn...</b>					
<ul style="list-style-type: none"> <li>✓ How to experiment with a range of balances.</li> <li>✓ How to navigate a range of equipment with confidence.</li> <li>✓ How to control movements with increasing co –ordination.</li> <li>✓ How to experiment with large and small movements.</li> <li>✓ How to jump off an object.</li> <li>✓ How to land appropriately,</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to experiment with different ways of moving.</li> <li>✓ How to negotiate space.</li> <li>✓ How to experiment with movements with a range of music.</li> <li>✓ How to move with gesture through dance.</li> <li>✓ How to move and express feelings through dance.</li> <li>✓ How to combine movements to dance.</li> <li>✓ How to represent my own ideas, thoughts and feelings through dance.</li> </ul>		<ul style="list-style-type: none"> <li>✓ How to negotiate space.</li> <li>✓ How to avoid obstacles when moving at speed.</li> <li>✓ How to adjust speed.</li> <li>✓ How to change direction.</li> <li>✓ How to travel in a variety of ways.</li> <li>✓ How to suggest which way to move is the most effective.</li> <li>✓ How to throw, kick, catch, push and pat an object with interesting control.</li> </ul>	