

Reception Topic Coverage

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking skipping, jumping, climbing Develop overall body-strength, balance, coordination 		<ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control and grace. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. 		<ul style="list-style-type: none"> 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. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. 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. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	
<u>Vocabulary</u>					
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		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		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	

I will learn...

- ✓ How to experiment with a range of balances.
- ✓ How to navigate a range of equipment with confidence.
- ✓ How to control movements with increasing co-ordination.
- ✓ How to experiment with large and small movements.
- ✓ How to jump off an object.
- ✓ How to land appropriately,

- ✓ How to experiment with different ways of moving.
- ✓ How to negotiate space.
- ✓ How to experiment with movements with a range of music.
- ✓ How to move with gesture through dance.
- ✓ How to move and express feelings through dance.
- ✓ How to combine movements to dance.
- ✓ How to represent my own ideas, thoughts and feelings through dance.

- ✓ How to negotiate space.
- ✓ How to avoid obstacles when moving at speed.
- ✓ How to adjust speed.
- ✓ How to change direction.
- ✓ How to travel in a variety of ways.
- ✓ How to suggest which way to move is the most effective.
- ✓ How to throw, kick, catch, push and pat an object with interesting control.