

Physical Education: Reception

Learning Priorities-linked to Development Matters 2020

	Term 1	Term 2	Term 3	
	<u>Gross Motor Skills</u> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Engage in and develop confidence in actions. Begin to develop overall body-strength, balance, co-ordination and agility. • Use above actions, within obstacle courses...balance, obstacle, spatial, prepositions. • Set own physical challenges...challenge, goal. • Begin to use their core muscle strength to achieve a good posture when sitting down at a table or the floor. • Begin to combine different movements with ease and fluency (See above obstacle courses). Change movements and directions quickly. • Begin to confidently and safely use a range of large and small	<u>Gross Motor Skills</u> Continue to refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. • Begin to progress towards a more fluent style of moving with developing control and grace. • Develop overall body-strength, balance, co-ordination and agility • 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. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Further develop and refine a range of ball skills including: passing, batting and aiming.	<u>Gross Motor Skills</u> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and co-ordination when playing. • Move energetically, such as running, jumping, dancing, hopping and skipping	

	apparatus indoors and outside, alone and in a group. Understand rules and reasons. • Further develop and refine a range of ball skills including throwing, catching, kicking. Use different size balls/ types of balls in pairs. •			
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