

Reception - Knowledge and Skills Coverage in PE

NC Links	<p>NC Master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>NC Master basic movements including throwing and catching, as well as developing co-ordination. Participate in team games, developing simple tactics for attacking and defending.</p>	<p>NC Master basic movements, as well as developing balance and co-ordination. Perform dances using simple movement patterns.</p>	<p>NC Master basic movements, as well as developing balance and co-ordination.</p>
Are	Locomotion	Ball Skills	Dance	Gymnastics
Unit Objectives and term taught	<p><u>Walking</u></p> <ul style="list-style-type: none"> •to begin to walk efficiently. •explore walking in different pathways and to explore relationships with others. •experience sustained walking following a route and instructions •apply pupils' learning about walking developing into marching. •apply their understanding of walking, applying it into a game <p><u>Jumping</u></p> <ul style="list-style-type: none"> •explore jumping in a variety of ways. •begin to jump efficiently. •develop their jumping technique applying it into a game. •explore jumping for distance. •explore jumping for height. •explore hopping in a variety of ways; in different directions, at different speeds and different levels. 	<p><u>Hands 1</u></p> <ul style="list-style-type: none"> •explore different ways of using our hands to move with a ball. •explore different ways of rolling a ball •explore different ways of bouncing a ball. •explore and develop different ways of bouncing a ball whilst moving into space. •explore different ways of rolling, pushing and bouncing a ball with a partner. •learn the meaning of the word, 'control,' and start to understand why it is important to keep the ball close to them. •learn the meaning of the word defender and what this means when playing games. <p><u>Feet 1</u></p> <ul style="list-style-type: none"> •explore different ways of using our feet to move with a ball. •develop using our feet to move with a ball. •develop dribbling using our feet to move with a ball. •to understand where to dribble and why. •to explore moving with a ball. 	<p><u>Ourselves</u></p> <ul style="list-style-type: none"> •explore different movements using different parts of the body. •explore larger scale travelling movements. •respond to words and music using their bodies and props. •create their own movement ideas relating to specific words. •explore different movements using qualities of movement. •explore movements such as creeping, tiptoeing and hiding. 	<p><u>Moving</u></p> <ul style="list-style-type: none"> •moving and making shapes using different body parts. •moving in different directions. move using big and small movements using the apparatus. •exploring movements in a pair on the floor and on apparatus. •exploring shapes in pairs on the floor and on apparatus. •exploring movements and shapes in different ways, transitioning between different zones. <p><u>High, low, over, under</u></p> <ul style="list-style-type: none"> •moving in a high way and explore making high shapes. •moving in a low way and explore making low shapes. •exploring how to move safely using apparatus. •explore movements and shapes in high and low ways on the apparatus.

All unit titles link to the relevant sequence from 'Complete PE' planning. These sequences and objectives are subject to change when specialist coaches have been utilised.

		<p>develop pupils' kicking and dribbling skills during competitions.</p> <p><u>Hands 2</u></p> <ul style="list-style-type: none"> •explore different ways of throwing a beanbag. •explore throwing (underarm) a beanbag. •to explore throwing (overarm) a beanbag. •explore how they can use their bodies to throw with greater distance. •explore different ways of rolling a ball using our hands. •learn why we need to be accurate when we are rolling a ball towards a target. •explore different ways of stopping a ball using our hands. •explore catching a beanbag and a small ball. <p><u>Games for Understanding</u></p> <ul style="list-style-type: none"> •to understand why it is important to take turns when playing a game. •understand why we need to keep the score during a game. •understand why we need to follow the rules during a game. •explore different ways of avoiding a defender. •explore different ways of preventing an attacker (fish) from scoring a point. •apply their understanding of attacking (fish) and defending (sharks), applying it into a competitive game. 		<ul style="list-style-type: none"> •explore movements and shapes in high, low, over and under ways on the apparatus.
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