

## Early Years Outcomes for PD (PE):

### Nursery

#### 22-36 months:

Runs safely on whole foot.  
Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.  
Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.  
Can kick a large ball.

#### 30-50 months:

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.  
Mounts stairs, steps or climbing equipment using alternate feet.  
Walks downstairs, two feet to each step while carrying a small object.  
Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.  
Can stand momentarily on one foot when shown.  
Can catch a large ball.

### Reception

#### 40-60 months:

Experiments with different ways of moving.  
Jumps off an object and lands appropriately.  
Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.  
Travels with confidence and skill around, under, over and through balancing and climbing equipment.  
Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

#### Early learning Goals:

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Nursery Cycle 2 Physical Development – PD 2016 – 2017		
Autumn	Spring	Summer
<p>Traditional ring games - getting used to working together / following instructions and going in the hall.</p> <p>Dance - Let's Move</p>	<p>Dance - Let's Move - Toy adventure</p> <p>Mats and bench (gymnastics) also spatial awareness.</p>	<p>Sequencing movements - mats / benches and large apparatus.</p> <p>Athletics and team games</p>
Nursery Cycle 1 Physical Development – PD 2017 – 2018		
Autumn	Spring	Summer
<p>Traditional ring games - getting used to working together / following instructions and going in the hall.</p> <p>Dance - Let's Move</p>	<p>Dance - Let's Move - Space and 'walking on the moon'.</p> <p>Mats and bench (gymnastics) also spatial awareness.</p>	<p>Sequencing movements - mats / benches and large apparatus.</p> <p>Athletics and team games</p>

Reception Cycle 2 Physical Development – PD 2016 – 2017		
Autumn	Spring	Summer
<p>Throwing and catching</p> <p>Dance - Let's Move Nursery Rhymes and also Diwali.</p> <p>Tennis - all term</p>	<p>Let's Move - Toy adventure</p> <p>Mats and bench (gymnastics) also spatial awareness.</p> <p>Tennis - all term</p>	<p>Sequencing movements - mats / benches and large apparatus.</p> <p>Athletics and team games</p> <p>Tennis - all term</p>
Reception Cycle 1 Physical Development – PD 2017 – 2018		
Autumn	Spring	Summer
<p>Throwing and catching</p> <p>Dance - linked to After the storm (Percy the Park Keeper story) and Vivaldi 'The 4 Seasons'</p> <p>Tennis - all term</p>	<p>Dance - knights, castles and dragons (Let's move)</p> <p>Mats and bench (gymnastics) also spatial awareness.</p> <p>Tennis - all term</p>	<p>Sequencing movements - mats / benches and large apparatus.</p> <p>Athletics and team games</p> <p>Tennis - all term</p>