

Early Years Outcomes for PD (P.E):

Nursery: 3 and 4 year olds

- Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
- Go up steps and stairs, or climb up apparatus, using alternate feet.
- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Use large-muscle movements to wave flags and streamers, paint and make marks.
- Start taking part in some group activities which they make up for themselves, or in teams.
- Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.
- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.
- Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.
- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.
- Use one-handed tools and equipment, for example, making snips in paper with scissors.
- Show a preference for a dominant hand.
- Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.

Reception: Children in Reception

- Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- 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.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating

ELGs:

Gross Motor Skills:

- 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.

Nursery Cycle 1 Physical Development – PD 2023 – 2024		
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 Traditional ring games – getting used to working together / following instructions and going in the hall.</p> <p>Dance – Let’s Move Seasons and Christmas</p>	<p>Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither)</p> <p>Mats and bench (gymnastics) and spatial awareness / use of body parts to begin to take weight.</p> <p>Dance –</p> <p>Small steps Big moves</p> <p>Let’s Move: Space and ‘Walking on the moon’.</p>	<p>Sequencing movements – mats / benches and large apparatus extending ideas of moving using different parts of the body.</p> <p>Throwing and catching – beanbags and balls including games with simple rules</p> <p>Aiming and throwing – beanbags and targets</p> <p>Athletics and team games</p>

Reception Cycle 1 Physical Development – PD 2023 – 2024		
Autumn	Spring	Summer
<p>Throwing and catching</p> <p>Simple games with rules</p> <p>Dance – all term</p> <p><u>Autumn 1 – Theme .. ‘I can’</u> Introduction to the basic 5 skills of dance – jump, roll, turn, travel and stillness. Focus on balance and natural co-ordination.</p> <p><u>Autumn 2 – Theme .. Fairy Tales</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on developing basic combination of steps in a fluent way.</p>	<p>Mats and bench (gymnastics) and spatial awareness.</p> <p>Dance – all term</p> <p><u>Spring 1 - Theme .. space</u> Introduction of new sequences / combinations to develop body strength, co-ordination and agility. Focus on different types of music – group work and solo.</p> <p><u>Spring 2- Theme ..Three Billy Goats Gruff</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on watching and using professional works and study of a choreographer.</p>	<p>Sequencing movements – mats / benches and large apparatus.</p> <p>Athletics and team games</p> <p>Dance – all term</p> <p><u>Summer 1 - Theme .. ugly duckling</u> Performing in groups, expressing performance skills. Focus on the 5 basic skills of dance and link them to make a ‘motif’.</p> <p><u>Summer 2 - Theme ..element of dance - Jive</u> Perform in groups a sequence that incorporates a combination of different movements. Focus on balance and control.</p>