



Curriculum Plans – Reception Physical Education

Reception

Block 1/ Block2	Block 3/ Block 4	Block5/ Block 6/ Block 7
<p>Fundamental Movement Unit: Locomotive Skills/Target Games</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Fall and stand correctly -Change direction safely -Stop safely - Control large movements - Control fine motor movement -Correctly perform the following locomotive movements: *Rolling *Crawling *Climbing *Jumping * Balancing *Running *Hopping *Skipping *Galloping -Correctly perform the following fundamental skills: *Throw * Catch *Pass *Kick *Strike - Aim at a target -Change direction - Stop - Balance - Body control - Emotional regulation skills <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Demonstrate complex movements -Demonstrate travelling in different directions with balance and control -Jump and land with control while also keeping all parts of the body inline -Correctly perform the following skills: *marching *skipping *side stepping *sliding *leaping *galloping *running *heel dig 	<p>Movement Composition Unit: Gymnastics/ Dance</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Develop overall body strength -Develop coordination -Demonstrate travelling with balance and control -Jump and land safely and under control -Create a routine that includes balance, flexibility, strength and movement in a group -Follow a different dance choreography in rhythm -Learn at least one dance routine -Combine different movements with ease of fluency -Confidently and safely use a range of large and small apparatus indoors and outdoors <p>Some students will be able to:</p> <ul style="list-style-type: none"> - Demonstrate travelling in different directions with balance and control aesthetically - Jump and land with control while also keeping all parts of the body inline - Learn and perform multiple dance routines 	<p>Challenge & Cooperation Unit: Relay Races/Tag Games/ Target Games/ Team Problem Solving Challenges/ Barrier Games</p> <p>All students will be able to:</p> <ul style="list-style-type: none"> -Understand the function of a team -Understand how to participate in a relay race - Aim at a target - Change direction - Stop - Balance - Body control - Emotional regulation skills -Problem-solving skills -Students understand what a barrier means -Students understand what cooperation means -Students understand what a target is -Develop overall body strength <p>Some students will be able to:</p> <ul style="list-style-type: none"> -Understand team strategy -Understand how to win a relay -Aim for and hit a target -Change direction quickly -Show advanced balance skills -Show advanced body control -Show advanced emotional regulation skills -Gauge distance and speed -Have a basic understanding of movement off the ball



Assessment	- Observation - Q&A - End of block physical assessment of skills -	Observation - Q&A - End of block physical assessment of skills	Observation - Q&A - End of block physical assessment of skills
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