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| **Year Reception Gymnastics**  **Curriculum Link:**  **To develop balance, agility and co-ordination, and begin to apply these in a range of activities** | | |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Goals** | **Competing and Performing** |
| Subject Name: **PE**  Year Group: **Reception**  Term: **3 (H1)**  Unit Name: **Games 1** | **Physical Development**   * 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.   **Personal, Social and Emotional Development**   * Work and play cooperatively and take turns with others * Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. * Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. | * Show resilience and perseverance in the face of challenge. * To represent their own ideas, thoughts and feelings through a performance. * Participate in simple games. |
| **Big Ideas** | **Other Key Skills** | **Health and Fitness & Preparation** |
| To develop skills in playing games, scoring, rules, partner and teamwork. | * Create a short sequence of movements. * Roll in different ways with control. * Travel in different ways. * Stretch in different ways. * Jump in a range of ways from one space to another with control. * Begin to balance with control. | * To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. * To show understanding of how to transport and store equipment safely. * They handle equipment and tools effectively and safely. * Dress with support. |

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| **Key Information** | | **Learning** | **Key PE Skills** |
| **Vocabulary** | | **Future Learning:** | **Evaluation and Communication** |
| balance  roll  throw  catch  jump  skip  kick  climb | hop  run  forwards  backwards  up  down  walk  dance | (Invasion Games e.g., basketball, netball, hockey and football).   * Use simple attacking and defending skills in a game. * Develop dribbling with hands. * Develop throwing to a teammate. * Develop co-ordination when throwing and catching. * To identify areas of hands to use when dribbling or travelling with a ball. * Develop dribbling with feet. * Develop kicking a ball and stopping a ball using a confident foot. * Develop passing to a teammate with feet. * Develop taking a ball towards a target. * Show how to hold a hockey stick. * Develop dribbling with hockey stick. * Develop sending ball towards a target. | * Talk about what they have done. * Talk about what others have done. * Negotiate space and obstacles safely, with consideration for themselves and others * Follow simple rules. * Participate in team games. * Play a range of chasing games |
| **Glossary** | | | |
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