



Subject	PE – Physical Development
Year Group	Reception
Knowledge Essential facts (Directly correlating to NC document) Key vocabulary / technical terms	
<u>Children will know:</u> • The importance of physical activity including a warm-up. • How to talk about different ways to keep healthy and safe. • What a <i>safe place</i> is. • The meaning of the terms <i>safe</i> and <i>controlled</i>. • What different speeds they are able to use e.g., fast/slow. • What a <i>target</i> is. • The meaning of the terms <i>return</i> and <i>place</i>. <u>Fundamental Movements</u> • How to develop and show good control and coordination using large and small movements. • How to move confidently in a range of ways, safely negotiating space. • How to handle equipment and tools safely. • How to practise large muscle and motor movements. • How to use manipulation and fine motor control. • How to use mark making in all areas of the setting. • How to move equipment and resources around to change the spaces. • How to build obstacle courses that involve crawling, balancing, swinging, climbing, and jumping and to challenge themselves and further develop their individual skills. • How different pathways can make travelling more interesting. • How to identify strengths and weaknesses in their own, and other pupils' travelling methods. • How to demonstrate a movement that holds weight on their hands. • The meaning of the terms <i>travel</i>, <i>movement</i>, <i>pathway</i>, <i>balance</i>, and <i>sequence</i>. • How to demonstrate a stable position. • How to show respect for other people's space. • How to show control by changing directions. • The different body parts they can use to balance on. • How to throw underarm. • How to explain ways to change a throw if the target is closer/further away. • How to create a simple sequence. • How to use their body to make shapes i.e., star shapes. • How to show climbing actions using the apparatus. • How to perform a log roll. • How to jump on one leg, two-footed and off low apparatus. • How to land. • How to show movements over and under apparatus. <u>Team Games</u> • How to work in a team developing a range of skills. <u>Performing Dances</u> • How to actively take part in a range of celebrations held in school when performing dances. • How to practise and perform dances to a wide audience. • How to repeat actions.	