

Physical Development	Development Matters	ELG	How this achieved in EYFS	Sticky Knowledge: By the end of EYFS the children will know...
	<p>Reception:</p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping and 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. Combine different movements with ease and fluency. Confidently and safely use a range of large and small 	<p>Gross Motor Skills</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and co-ordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<p>Weekly PE session - Following Get Set Go</p> <p>Opportunities open to all during continuous provision;</p> <ul style="list-style-type: none"> Trim Trail Hoops Balls and beanbags Assault course Role play - stage and music Firework dances - ribbons and material. Playdough station Balance beam and stepping stones Tyres Stilts 	<p>Knowledge:</p> <p>Induction to PE:</p> <ul style="list-style-type: none"> To move safely and sensibly in a space with consideration of others. To develop moving safely and stopping with control. To use equipment safely and responsibly. To use different travelling actions whilst following a path. To work with others co-operatively and play as a group. To follow, copy and lead a partner. To move around safely in space. To follow instructions and stop safely. To stop safely and develop control when using equipment. To follow instructions and play safely as a group. To follow a path and take turns. To work co-operatively with a partner. <p>Ball skills:</p> <ul style="list-style-type: none"> To develop rolling a ball to a target. To develop stopping a rolling ball. To develop accuracy when throwing to a target. To develop bouncing and catching a ball. To develop dribbling a ball with your feet. To develop kicking a ball. To develop rolling and tracking a ball. To develop accuracy when throwing to a target. To develop dribbling with hands. To develop throwing and catching with a partner. To develop dribbling a ball with your feet.

	<p>indoor and outdoor apparatus - alone and in groups.</p> <ul style="list-style-type: none"> • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. 			<ul style="list-style-type: none"> • To develop kicking a ball to a target. <p>Dance:</p> <ul style="list-style-type: none"> • To explore different body parts and how they move. • To explore different body parts and how they move and remember and repeat actions. • To express and communicate ideas through movement exploring directions and levels. • To create movements and adapt and perform simple dance patterns. • To copy and repeat actions showing confidence and imagination. • To move with control and co-ordination, linking, copying and repeating actions. • To copy, repeat and explore actions in response to a theme. • To explore and remember actions considering level, shape and direction. • To explore movement using a prop with control and co-ordination. • To move with control and co-ordination, expressing ideas through movement. • To remember and repeat actions moving in time with the music. • To explore actions in response to a theme and begin to use counts. <p>Fundamentals:</p> <ul style="list-style-type: none"> • To develop balancing whilst stationary and on the move. • To develop running and stopping. • To develop changing direction. • To develop jumping and landing. • To develop hopping and landing with control. • To explore different ways to travel. • To develop balancing.
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- To develop running and stopping.
- To develop changing direction.
- To develop jumping.
- To develop hopping.
- To explore different ways to travel using equipment.

Games:

- To work safely and develop running and stopping.
- To develop throwing and learn how to keep score.
- To be able to play games showing an understanding of the different roles within it.
- To follow instructions and move safely when playing tagging games.
- To work co-operatively and learn to take turns.
- To work with others to play team games.
- To aim when throwing and practise keeping score.
- To follow instructions and move safely when play tagging games.
- To learn to play against a partner.
- To develop co-ordination and play by the rules.
- To explore striking a ball and keeping score.
- To work co-operatively as a team.

Gymnastics

- To copy and create shapes with your body.
- To be able to create shapes whilst on apparatus.
- To develop balancing and taking weight on different body parts.
- To develop jumping and landing safely.
- To develop rocking and rolling.

				<ul style="list-style-type: none">• To copy and create short sequences by linking actions together.• To create short sequences using shapes, balances and travelling actions.• To develop balancing and safely using apparatus.• To develop jumping and landing safely from a height.• To develop rocking and rolling.• To explore travelling around, over and through apparatus.• To create sequences using apparatus. <p>Swimming</p> <ul style="list-style-type: none">• To be confident in the water• To blow bubbles• To move with aids across the pool
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