

Reception P.E. Progression Document

<u>Autumn A</u> <u>Multi skills</u>	<u>Autumn B</u> <u>Multi skills</u>	<u>Spring A</u> <u>Gymnastics – Gym in</u> <u>the Jungle</u>	<u>Spring B</u> <u>Yoga/Dance – Dance</u> <u>til you drop</u>	<u>Summer A</u> <u>Multi skills</u>	<u>Summer B</u> <u>Multi skills – Mini</u> <u>olympics</u>
Structured outdoor throughout the year – climbing, balancing, running, jumping, team games, ball skills					
<u>Skills –</u> Agility Balance	<u>Skills –</u> Balance Coordination	<u>Skills –</u> Coordination Balance Move in a range of ways Move around equipment Move in a range of ways	<u>Skills –</u> Coordination Balance creativity	<u>Skills –</u> Game-based Working as a team	<u>Skills –</u> Coordination Balance Agility
<u>Objectives –</u> To change speed while moving To learn different movement patterns while copying others To respond to verbal instructions while moving. To move in different ways using different parts of the body. To move through different speeds.	<u>Objectives –</u> To balance on and across different obstacles. To throw a beanbag into a target while balancing. To roll a ball to a partner. To roll the ball consistently between a target from different distances. To control a balloon. To catch a bouncing ball. To throw underarm into a target	<u>Objectives –</u> To develop the ability to move in a range of ways. To increase the ability to move around and onto equipment. To increase the ability to move under and onto equipment. To increase the ability to move over and onto equipment. To increase the ability to move through and onto equipment.	<u>Objectives –</u> To develop the ability to adapt a known dance. To develop the ability to share my ideas about how to adapt a dance. To develop the ability to change movements and adapt a simple dance. To share opinions and give my own ideas about how to adapt	<u>Objectives –</u> To control a ball with hands. To catch a moving ball. To throw the ball towards a target. To balance a ball using a racket. To pass the ball onto a target To control the ball between obstacles. To roll the ball with accuracy to a partner. To work as a team to complete activities	<u>Objectives –</u> To develop the ability to throw an object. To develop the ability to move at speed. To adapt the body when moving at speed. To learn how to jump safely. To develop the ability to jump in different ways

To travel around in different ways while avoiding others. To complete different balances and actions. To learn different balancing techniques. To create different balancing shapes. To balance for longer periods with control	from different distances. To throw and catch a balloon. To catch a variety of objects. To hit a target.	To combine movements together while negotiating different equipment.	and alter a simple dance.		
<u>Lessons –</u> Lesson 1,2,3 – agility Lesson 4,5 – balance	<u>Lessons –</u> Lesson 6,- balance Lesson 7,8,9 – coordination	<u>Lessons –</u> Exploring the jungle Mirror that Monkey Slithering snakes Lie Down Lions Frozen Frogs Journey Through the Jungle	<u>Lessons –</u> Im a little teapot The wheels on the bus Heads, shoulders, knees and toes The Hokey Cokey Here we go round the mulberry bush Dance stars	<u>Lessons –</u> Lesson 10, 11, 12 (from previous unit) – Game based Then move on to – Team games for final two lessons. Working together to complete obstacles and challenges.	<u>Lessons –</u> 1 – Move that ball 2 – Throw that ball 3 – Run, run as fast as you can 4 – Avoid that object 5- Jump, jump and jump some more 6 – Jump it 7 – Mini olympics
<u>On track –</u> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.	<u>On track –</u> Experiments with different ways of moving. Jumps off an object and lands appropriately. •Negotiates space successfully when playing racing and chasing games with	<u>On track –</u> I can experiment with different ways of moving I can create my own ways of moving. I can confidently climb on a range of different equipment. I can confidently move in a range of ways	<u>On track –</u> I can change the speed of my dance moves. I can change the style of my dance moves. I can build a repertoire of dances. I can share my ideas about a dance performance.	<u>On track –</u> Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Children show some control and co-ordination in large and small movements	<u>On track –</u> Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.

Mounts stairs, steps or climbing equipment using alternate feet. Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. Can stand momentarily on one foot when shown. Experiments with different ways of moving.	other children, adjusting speed or changing direction to avoid obstacles. Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.	around different objects. I can confidently move in a range of ways under different objects. I can confidently move in a range of ways over different objects. I can confidently move in a range of ways through different objects. I can co-ordinate my movements. I can confidently move in a range of ways.	I can think about how to make a dance even better. I can confidently join a wide range of different movements. I can adapt and change my dance to suit a different style. I can create a small dance which shows my own ideas and thoughts.		
--	---	--	---	--	--