

## Physical Education

Topic

Games (Unit 2)

Year

Reception

### EYFS Objectives – Physical Development – Healthy Bodies and Social Emotional Wellbeing, Ball Skills and Movement and Positional Awareness

#### Healthy Bodies and Social Emotional Wellbeing

- Take turns. Learn to share equipment with others. Share their ideas with others
- Try again if they do not succeed.
- Practise skills independently
- Confident to try new tasks and challenges.
- Begin to identify personal success.
- Begin to provide simple feedback saying what they liked or thought was good about someone else's performance.
- Make decisions about where to move in space.

#### Ball Skills

- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Drop and catch with two hands.
- Hit a ball with hands.
- Move a ball with feet.
- Kick larger balls towards a target.
- Throws larger balls and beanbags towards a target using under and over arm throw.
- Stop a beanbag or large ball sent to them using hands.
- Attempt to stop a large ball sent to them using feet.

#### Movement and Positional Awareness

- Revise and refine the fundamental movement skills already acquired:
- Rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Run and stop when instructed
- Explore skipping as a travelling action.
- Change direction at a slow pace.
- Explore moving different body parts together
- Develop overall body-strength, balance, co-ordination and agility
- Progress towards a more fluent style of moving, with developing control and grace.
- Combine different movements with ease and fluency.
- Copy and link simple actions together.
- Make simple decisions in response to a situation.

#### Early Learning Goal – Physical Development – Gross Motor

- 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.

### Prior Learning

#### Nursery

##### Healthy Bodies and Social Emotional Wellbeing

- Start taking part in some group activities which they make up for themselves, or in teams.
- Choose the right resources to carry out their own plan.
- Collaborate with others to manage large items.
- Choose to adapt their movement to a piece of equipment.
- Understand and demonstrate lining up and queuing.
- Become increasingly independent as they get dressed and undressed.

##### Ball Skills

- Kick a large ball from a stationary position into a space.
- Move a large ball with feet.
- Throw a ball or beanbag over and under arm into a space.
- Push, bounce and roll a large ball.
- Catch a large ball using arms.

##### Movement and Positional Awareness

- Skip, hop, stand on one leg and hold a pose for a game like musical statues.
- Enjoy moving in a variety of different ways.
- Move to music
- Remember a sequence of 2 movements.
- Use large-muscle movements e.g. to wave flags and streamers.
- Jump and hop
- with bent knees.
- Run and stop with some control.
- Choose own movements and actions in response to simple tasks.

Move around showing limited awareness of others.

### Future Learning

#### Year 1

- Drop and catch a ball after one bounce on the move.
- Move a ball using different parts of the foot.
- Throw and roll towards a target with some varying techniques.
- Kick towards a stationary target.
- Catch a beanbag and a medium-sized ball.
- Attempt to track balls and other equipment sent to them.
- Strike a stationary ball using a racket.
- Run, stop and change direction with some balance and control.
- Recognise space in relation to others.
- Begin to use simple tactics with guidance.

### What pupils need to know or do to be secure

#### Key Concept:

- Physical: run, change direction, throw, catch, strike
- Social: communication, help others, co-operation, respect, take turns
- Emotional: perseverance, determination, honesty, manage emotions

- Thinking: comprehension, decision making, select and apply, reflection

### Core Learning

- 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.

### What does success look like?

- I can negotiate space safely with consideration for myself and others.
- I follow instructions involving several ideas or actions.
- I play co-operatively, take turns and encourage others.
- I play games honestly with consideration of the rules.
- I show an understanding of my feelings and can regulate my behaviour.
- I use ball skills with developing competence and accuracy.
- I use movement skills with developing balance and co-ordination.

### Key Vocabulary

Lose, partner, run, safely, score, aim, gallop, hit, hop, jump, stop, tag, target, team, win