

Brinsworth Howarth Primary School - Physical Development – Gross Motor Skills PE overview

Playing & Exploring - Engagement		Active Learning - Motivation	Creating & Thinking Critically - Thinking
<ul style="list-style-type: none"> Finding out & exploring Playing with what they know Being willing to 'have a go' 		<ul style="list-style-type: none"> Being involved & concentrating Keep on trying Enjoying achieving what they set out to do 	<ul style="list-style-type: none"> Having their own ideas (creative thinking) Making links (building theories) Working with ideas (critical thinking)
ELG - Negotiate space & obstacles safely, with consideration for themselves & others - Demonstrate strength, balance & coordination when playing - Move energetically, such as running, jumping, dancing, hopping, skipping & climbing			
Focus	Gymnastic movements	Basic movements & games	Dance
Nursery	<ul style="list-style-type: none"> Can balance on one foot or in a squat momentarily, shifting body weight to improve stability Walks down steps, using alternate feet, or slopes whilst carrying a small object, maintaining balance & stability 	<ul style="list-style-type: none"> Can grasp & release with two hands to throw & catch a large ball, beanbag or object Runs with spatial awareness & negotiates space successfully, adjusting speed or direction to avoid obstacles Develop their movement, balancing, riding (scooters, trikes & bikes) 	<ul style="list-style-type: none"> Increasingly able to use & remember sequences & patterns of movements which are related to music & rhythm Use large muscle movements to wave flags & streamers
Reception	<ul style="list-style-type: none"> Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding Combine different movements with ease & fluency Develop overall body strength, coordination, balance & agility, such as when using ropes, ladders, jumping apparatus, balance beams and outdoor equipment 	<ul style="list-style-type: none"> Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming Develop confidence, competence, precision & accuracy with activities that involve a ball Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes 	<ul style="list-style-type: none"> Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences Watch & talk about dance & performance art, expressing their feelings & responses Explore & engage in dance, performing solo or in groups
Year 1	<ul style="list-style-type: none"> Begin to perform a range of required movements/shapes Begin to sequence simple movements together Begin to compare and contrast fundamental movement skills 	<ul style="list-style-type: none"> Begin to demonstrate and explain how to throw and kick the ball in different ways Begin to evaluate my own performance 	<ul style="list-style-type: none"> Begin to perform controlled body movements Begin to compose dance movements made up of taught skills and invented ones Begin to sequence simple movements together