

Physical Education – Reception	
Autumn 1	
Gymnastics	• Run is to move quickly using your feet. • Jump is to lift off the ground. • Balance is to control your body's position to stay upright.
Autumn 2	
Dance	• Dance is to move the body in a rhythmic way, usually to music. • Agility is how quickly you can change direction whilst maintaining speed, balance
Spring 1	
Ball Skills	• Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently. • Throw is to push an object by hand. • Catching is the use the hands to stop and hold a moving object.
Spring 2	
Throwing and Catching	• Throw is to push an object by forward by hand. • Catching is the use the hands to stop and hold a moving object. • Co-operation is when you work together with others to achieve a result.
Summer 1	
Athletics	• Agility is how quickly you can change direction whilst maintaining speed and balance. • Run is to move quickly using your feet. • Jump is to lift off the ground. • If you run and then jump the distance you jump will be longer
Summer 2	
Multiskills	• Run is to move quickly using your feet. • Jump is to lift off the ground. • Kicking is when you hit an object (ball) with your foot • Striking is when you hit a ball with a bat or racket. • Attack is to try to move past and score against the opposing team.