

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.