



# Caversham Park Primary School

## Reception Curriculum

### Physical development: PE

#### Key Knowledge:

- Know how to walk, run and travel at a variety of speeds
- Know how to take off and land on two legs (jump)
- Know how to throw/send a variety of objects (balls and beanbags), e.g. kicking, rolling, hitting, throwing.
- Know how to catch balls and beanbags with two hands
- Know how to track and retrieve rolling balls
- (Start to) Know how to link movements, including dance moves, jumps, running speeds.
- Know how to travel in different directions
- Know how to climb and balance along equipment safely.
- Know how to jump off equipment and land safely.
- Know how to move to a simple rhythm and use actions to communicate ideas.
- Begin to know how to hop and skip.

#### Key Skills:

- Develop concept of space to be able to use small and large spaces to move safely around in adjusting speed as necessary.
- Move in a range of ways, e.g. crawling, spinning, rocking, rolling.
- Use simple gymnastic actions and shapes on the floor and apparatus.
- Express ideas, objects, feelings and characters through movement.
- Copy and repeat actions and movements
- Be safe when moving around
- Participate in simple, fun competitions
- Follow rules for simple games and activities.
- Move and carry equipment safely
- Recognise and describe the benefits of exercise
- Recognise and describe what physical exercise does to my body

#### Vocabulary:

Jump, shape, roll, rock travel, balance, climb, stretch, shape, level, feeling, start, middle, ending, mat, wall bar, apparatus.  
Bat, ball, racket, cone, hoop, beanbag, target, quoit.  
Throw, catch, collect, hit, strike, roll, stop, net, bowl, far, near, fast, slow, medium, speed, backwards, forwards.

#### Literature:

N/A

#### Enrichment:

Local walks and trips related to other curriculum areas.  
Visits to local parks and playgrounds.  
Use of large equipment and other outside equipment in EYFS and KS1 playground  
External coaching sessions where available/appropriate.

#### Adult Directed:

- Weekly adult directed PE lessons.
- Teach children how to play simple games.
- In PE lessons discuss the effect exercise has on our bodies and the benefits of exercise.

#### Continuous Provision:

- Climbing frame
- Balance beams, crate and blocks - encourage children to create obstacle courses.

#### Enhanced Provision:

- Add in equipment that has been used in the PE lessons.
- Scooters and bikes.
- Space hoppers
- Tunnels

<ul style="list-style-type: none"> <li>• Include physical actions in other subjects, e.g. performing 5 hops when counting in maths.</li> </ul>	<ul style="list-style-type: none"> <li>• Variety of balls and other equipment available in the garden including stilts, bats, streamers etc.</li> <li>• Music Area with CD player for children to dance to.</li> <li>• Adults in provision</li> </ul>	<ul style="list-style-type: none"> <li>• Sensory circuits as appropriate</li> <li>• Hoops</li> <li>•</li> </ul>
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**Assessment (ELGs)**

<p><b>Prime Areas:</b></p> <p>Physical Development - Gross Motor Skills:</p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>	<p><b>Specific Areas:</b></p> <p>Expressive Arts and Design - Being imaginative &amp; Expressive:</p> <ul style="list-style-type: none"> <li>• Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</li> </ul>
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<b>Progression</b>		
<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
<ul style="list-style-type: none"> <li>• Move in a range of ways including: galloping, running, spinning, walking on tip-toes.</li> <li>• Negotiate space successfully showing awareness of surroundings</li> <li>• Balance on one foot for a short time.</li> <li>• Know how to link dance movements, including dance moves</li> <li>• Know how to move to a simple rhythm and use actions to communicate ideas.</li> <li>• Follow rules for simple games and activities.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to walk, run and travel at a variety of speeds</li> <li>• Know how to take off and land on two legs (jump)</li> <li>• Begin to throw a variety of equipment with accuracy.</li> <li>• Know how to link movements, including jumps, balances and runs.</li> <li>• Know how to climb and balance along equipment safely.</li> <li>• Know how to jump off equipment and land safely.</li> <li>• Copy and repeat actions and movements</li> <li>• Be safe when moving around</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to track and retrieve rolling balls</li> <li>• Hit an object, e.g. a bean bag to send it</li> <li>• Know how to travel in different directions</li> <li>• Begin to know how to hop and skip.</li> <li>• Throw and catch objects such as balloons, large balls and bean bags.</li> <li>• Know how to throw/send a variety of objects (balls and beanbags), e.g. kicking, rolling, hitting, throwing.</li> <li>• Know how to catch balls and beanbags with two hands</li> </ul>