

PE (Get Set 4 PE) - Physical Development

Gross Motor Skills ELG

- 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.

Pre-Reception	Reception	Reception Knowledge	EYFS Vocabulary	EYFS End Points- to access Year 1 Curriculum	Year 1 Curriculum Get Set for PE
Join in with Reception unit and begin to understand and practise taught knowledge.	<p>Autumn: Space, movement and my body – learning to control their bodies, navigate space, control their actions in different environments</p> <p>Spring: Dance Gymnastics</p> <p>Summer: Games Ball Skills</p>	<ul style="list-style-type: none"> - Drop and catch with 2 hands. - Move a ball with their feet. - Throw and roll a variety of beanbags and larger balls to space. - Kick larger balls to space - Stop a beanbag or large ball sent to them using hands. - Attempt to stop a large ball sent to them using feet. - Hit a ball with hands. - Run and stop when instructed. - Move around showing limited awareness of others. - Make simple decisions in response to a situation. - Show shapes and actions that stretch their bodies. - Begin to take weight on different body parts. - Copy and link simple actions together. - Run and stop with some control. - Explore skipping as a travelling action. - Jump and hop with bent knees. - Throwing larger balls and beanbags into space. - Balance whilst stationary and on the move. - Change direction at a slow pace. - Explore moving different body parts together. - Choose and use travelling actions, shapes and balances. - Travel in different pathways using the space around them. 	<ul style="list-style-type: none"> - balance - bend - skip - jog - run - rules -hop - travel - squeeze - direction - fast - jump - land -run -throw - safely - slow - space - stop - target - catch - dribbling - hit - kick - roll - bounce - copy - run 	<ul style="list-style-type: none"> -know that walking, running, jogging, hopping, skipping and crawling are all ways to travel. - know that they can make their bodies into shapes - know that bending knees when jumping helps with a safe landing - know how to copy and perform actions - know to have hands ready to catch. - know that being in a space gives me room to play. - know that there are different roles in a game. - know that rules help us stay safe. - know to look at a target when sending a ball. 	<p>Autumn:</p> <ul style="list-style-type: none"> - Fundamentals - Team Building - Athletics - Yoga <p>Spring:</p> <ul style="list-style-type: none"> - Dance - Gymnastics <p>Summer:</p> <ul style="list-style-type: none"> - Ball Skills - Sending and Receiving - Net and Wall Games - Invasion Games



EYFS to Year 1 transition:

The PE curriculum for both Reception and Year 1 stems from the use of Get Set 4 PE programme. Using this scheme, there are clear connections between reception and year 1 as seen above. Much of the curriculum for both year groups are connected through the key skills being taught and the vocabulary needed for children to access the Year 1 PE curriculum.