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| Fairholme Primary School**EYFS – Gross Motor Skills** | | |
| **Children develop their co-ordination, strength, balance, control and range of movement** | | |
| Progression in Learning  Nursery to ELG | Provision | Books and Vocabulary |
| **Nursery** | | |
| * Manoeuvres scooters, trikes, bikes * Uses large arm/shoulder movements – throwing, painting outside * Developing range of movements – running, jumping, skipping, hopping * Chooses right tool and movement for task in hand – spade for digging, crawling under an obstacle | Teach specific skills within outside area, nature garden and playground;   * walk over low obstacle course, over wooden blocks, planks, balancing and jumping and how to land, different ways to move around the hill and tunnel * provide large surfaces – walls, ground for large painting with water to develop arm and shoulder movement * lead movement -play and encourage children to follow * adult remarks on skills demonstrated when children use the climbing equipment, racing games, ball games – basketball, throwing into a tyre, tennis balls on string from washing line, hula hoops * provide bikes, scooters, balancing bikes – follow a course, incorporate in role play, develop precision using pedestrian crossings, road signs, parking encouraging manoeuvres and control and changes in speed * climbing wall * waving streamers, flags and scarves in windy weather * building with large wooden blocks and planks   **Enhanced Provision**   * Weekly PE sessions basic movements (rolling, crawling, walking, running, jumping, hopping, skipping), Gymnastics, Games, Dance – provision taught by specialist coach  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | | Coach | Introduction to PE  Unit 1  (Get set 4 PE) | Fundamentals  Unit 1  (Get set 4 PE) | Gymnastics  Unit 1  (Get set 4 PE) | Ball skills  Unit 1  (Get set 4 PE) | Dance  Unit 1  (Get set 4 PE) | Games  Unit 1  (Get set 4 PE) | | **From Head to Toe**  Eric Carle  **Rosies Walk**  Pat Hutchins  **Vocabulary -** bending knees, feet together  follow, lead, copy,  gallop, slither, bounce, run, skip, hop  twist, turn, spin  over arm, under arm, aim  lift, carry, pull, push |
| **Reception** | | |
| * Uses and combines a range of movements * Shows developing strength, co-ordination, balance, agility * Capable with ball skills – throwing, catching, kicking, passing, batting and aiming | Teach and develop skills in outdoor area, nature garden and use of playground;   * range of wheeled resources for children to balance, sit or ride on, or pull and push – two-wheeled balance bikes and pedal bikes without stabilisers, wheeled flat boards, wheelbarrows, scooters, trikes and two-person bikes * encourage energetic activity so children get out of breath daily * access to a range of ball sizes – tennis balls, ping pong balls, large balls, balloons * model how to hit balls and introduce games and targets to hit when skills are established * extend physical capability – climbing higher, running faster, jumping further * tree stumps and tyres to move and manipulate * climbing wall and large climbing frame access during lunchtimes * talk about the importance of exercise to good health and wellbeing * construction to practise lifting, carrying, pushing, pulling, stacking and climbing   **Enhanced Provision**  Twice weekly PE sessions basic movements (rolling, crawling, walking, running, jumping, hopping, skipping), Gymnastics, Games, Dance – provision taught through a mixture of practitioners following Get Set for PE and specialist teachers   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** | | Coach | Fundamentals  Unit 1  (Get set 4 PE) | Games  Unit 1  (Get set 4 PE) | Ball skills  Unit 1  (Get set 4 PE) | Fundamentals  Unit 2  (Get set 4 PE) | Ball skills  Unit 2  (Get set 4 PE) | Games  Unit 2  (Get set 4 PE) | | CT | Introduction to PE  Unit 1  (Get set 4 PE) | Gymnastics  Unit 1  (Get set 4 PE) | Dance  Unit 1  (Get set 4 PE) | Gymnastics  Unit 2  (Get set 4 PE) | Athletics  Unit 1  (Get set 4 PE) | Dance  Unit 2  (Get set 4 PE) | | **Vocabulary** - take care, hold safely, look  bat, hit, pat, serve, return  pass, kick, catch, aim  right, left, forwards, backwards  quickly, slowly, active, heartbeat, sweat |
| **Early Learning Goal (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** | | |