

## Curriculum end points – Rec

By the end of reception, pupils will be able to...		
HEAD (cognitive/thinking)	HANDS (psychomotor / doing)	HEART (affective/ behavioural)
<ul style="list-style-type: none"><li>Describe themselves in positive way and talk about their abilities.</li><li>Follow instructions involving several ideas or actions.</li><li>Talk about ways to keep healthy including exercise.</li><li>Observe the effects of exercise on their bodies.</li></ul>	<ul style="list-style-type: none"><li>Develop the key 10 FMS.</li><li>Experiment moving in a range of ways, negotiating the space.</li><li>Display some control and co-ordination in large and small movements.</li></ul>	<ul style="list-style-type: none"><li>Adjust behaviour to different situations.</li><li>Follow basic rules and instructions.</li><li>Listen and attend whilst carrying out another activity.</li><li>Understand the school key values in PE and Physical activity.</li></ul>

### Skills and knowledge

#### “Games”

- I can - travel confidently in a range of ways and directions, such as walking, running, jumping, hopping, skipping, galloping and sliding showing an awareness of space.
- I can show good control and coordinate my movements when using small and large equipment. E.g. pushing a ball along the floor, rolling a ball.
- Participate in a range of games, following the rules.

#### “Gym”

- I can recognise and make some basic shapes. (star, straight, tuck)
- I can experiment with different ways of moving.
- I can jump in a range of ways and land safely.
- I can balance on one foot (momentarily) when shown.

#### “Dance”

- I can travel in different ways and directions.
- I can show that I am aware of the space around me.
- I can respond to a change of stimuli. (pictures/music)