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| **Stakesby PE – Reception – Spring Term**  **Catching & Throwing, Agility & Coordination, Shooting for Targets, Balance, Spatial Awareness** |

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| **National Curriculum PoS – Physical Development EYFS** |
| Children at the expected level of development will:   * 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. |

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| **Key things to do** | |
| **Catching & Throwing**  (including negotiating space safely) | **Agility & Coordination**  (Including negotiating space and obstacles safely & moving energetically) |
| * Can children state why we must be aware of our surroundings when throwing any object and identify unsafe practices? * Can children demonstrate a safe throw from a variety of distances and with a variety of objects such as a beanbag, large and small balls which are both hard and soft? * Can children use a controlled throw to accurately hit a target? (such as a bean bag into a hoop, a ball into a coned area etc) * Can children change the weight of their throw according to where the object lands in relation to the target? * Can children catch and throw large, soft balls while standing still? Can they do this while increasing the distance between them? | * Can children state and show the difference between walking, jogging and running? Can they skip without a rope? Can they do this with increasing speed? * Can pupils determine which they need to use in a small area such as the school hall in order to keep themselves and others safe? * Can pupils skip forwards over a rope with two feet together, remaining in the same place? Can they begin to do a series of skips? * Can pupils skip over a rope one foot at a time, remaining in the same place? Can they begin to do this in a series? * Can pupils walk around a short course balancing a rubber hoop / beanbag on their head? On their back? Can they state what the need to do in order to prevent it from slipping off? |
| **Shooting for Targets** | **Balance & Spatial Awareness** |
| * Can children throw objects, such as beanbags, into targets (such as hoops) which decrease in size? Can they adjust their next throw based on the outcome of the previous one? * Can children throw the ball through a basketball or netball net to score a goal in a game setting? * Can children roll a ball towards a target? Can they adjust their next roll based on the outcome of the previous one? * Can children do this using the inside of their foot to kick a soft ball? * Can they kick the ball into a net? Can they do this with an object in the way? Can they do it with another child trying to stop them? | * Can children balance using different areas of their bodies on command? Can they name the different body parts of leg, arm, knee, foot (sole, toes & heel), elbow, hand (palm), shoulder, bum/bottom. * Can pupils travel along a bench, performing a jump as they land? * Can pupils balance using different parts of their bodies? E.g. on their right leg, left leg, with their arms outstretched, with their arms above their head, with their foot pointed outwards off the ground? * Can pupils perform a series of jumps, including pencil, star and tuck? * Can pupils safely perform a forwards roll? * Can pupils perform a pencil roll? * Can children hold a position on a mat? Can they point their fingers and toes to create straight lines? * Can pupils perform a series of balances and rolls, transitioning between these movements with accuracy? |

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| **Key Vocabulary** |
| Catch, throw, stretch, move, shoot, target, space, balance, jump  Leg, arm, elbow, knee, foot (including sole, toes & heel) hand (including fingers & palm) shoulder, head |