

Excellence and Enjoyment, Everyone and Everything. "God created you to be amazing" Ephesians 2:10

Reception	PE Long Term Overview					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit of work	Introduction to PE: Unit 1  Dance: Unit 1	Introduction to PE: Unit 2  Gymnastics: Unit 1	Ball skills: Unit 1  Fundamentals: Unit 1	Ball skills: Unit 2  Gymnastics: Unit 2	Games: Unit 1  Dance: Unit 2	Games: Unit 2  Fundamentals: Unit 2
Values	Friendship and Love		Respect and responsibility		Perseverance and Hope	
Link to NC programme of study	ELG: Gross Motor Skills 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. 13 ELG: Fine Motor Skills Children at the expected level of development will: - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing					
What we need to know Red Hill Riches	<b>Introduction to PE</b> To know how to keep safe in a PE lesson by using their own space. To know that if they are working independently in a space they shouldn't be able to touch anyone else or equipment when arms are extended to the front or side.	<b>Introduction to PE</b> To know how to stay safe when moving around by using their own space. To know how to stop safely. To know how to follow instructions to play safely in a group. To know that taking turns means somebody has a go, then they go and this alternates.	<b>Ball skills: Unit 1</b> To know to look at the target when sending a ball. To know to have hands out ready to catch. To know to watch the ball as it comes towards me and scoop it with two hands. To know that keeping the ball close will help with control.	<b>Ball skills: Unit 2</b> To know to look at the target when sending a ball. To know to have hands out ready to catch. To know to watch the ball as it comes towards me and scoop it with two hands. To know that keeping the ball close will help with control.	<b>Games</b> To know to look at the target when sending a ball and watch the ball to receive it. To know that keeping the ball close will help with control. To know that being in a space gives me room to play. To know that there are different roles in games. To make simple decisions in response to a task.	<b>Games</b> To know to point my hand at my target when throwing. To know to have hands out ready to catch. To make simple decisions in response to a task. To know that rules help us to stay safe.

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	<p>To know that to keep safe, it is important to use their space carefully and sensibly.</p> <p style="text-align: center;"><b>Dance</b></p> <p>To know that music can be used as a stimulus for dance.</p> <p>To know that different types of music can create different moods and atmospheres and make us want to move in different ways.</p> <p>To know that if I move into space it will help to keep me and others safe.</p> <p>To know that when watching others, I sit quietly and clap at the end.</p>	<p>To know how to follow a path.</p> <p style="text-align: center;"><b>Gymnastics</b></p> <p>To know that I can make different shapes with my body.</p> <p>To know that I should be still when holding a balance.</p> <p>To know that I can change my body shape to help me roll.</p> <p>To know that bending my knees will help me to land safely.</p> <p>To know that if I hold a shape and count to 5 people will see it clearly.</p>	<p style="text-align: center;"><b>Fundamentals</b></p> <p>To know that moving into space away from others helps to keep me safe.</p> <p>To know that I can hold my arms out to help me to balance.</p> <p>To know that moving my arms and legs at the same time helps me to walk, run and jump.</p> <p>To know that I use big steps to run and small steps to stop.</p> <p>To know that I can hold my weight on different parts of my body.</p> <p>To know that moving for a long time can make me feel tired.</p>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>To know that I can make different shapes with my body.</p> <p>To know that I should be still when holding a balance.</p> <p>To know that I can change my body shape to help me roll.</p> <p>To know that bending my knees will help me to land safely.</p> <p>To know that if I hold a shape and count to 5 people will see it clearly.</p>	<p>To know that rules help us to stay safe.</p> <p style="text-align: center;"><b>Dance</b></p> <p>To remember and show simple dance movements.</p> <p>To know how to copy basic movements.</p> <p>To know that I can move my body in different ways to create interesting actions.</p> <p>To know that I can change my action to show an idea.</p> <p>To know that if I use lots of space, it helps to make my dance look interesting.</p>	<p style="text-align: center;"><b>Fundamentals</b></p> <p>To know that bending my knees will help me to land safely.</p> <p>To know that I use one foot to hop.</p> <p>To know that if I hop then step that it will help me to skip.</p>
<p><b>Disciplinary Knowledge</b></p>	<p style="text-align: center;"><b>Introduction to PE: Unit 1</b></p> <p>To move safely and sensibly in a space.</p> <p>To develop moving safely and stopping with control.</p> <p>To use equipment safely and responsibly.</p> <p>To use different travelling actions.</p> <p>To work with others cooperatively and play as a group.</p> <p>To follow, copy and lead a partner.</p>	<p style="text-align: center;"><b>Introduction to PE: Unit 2</b></p> <p>To move around safely in space.</p> <p>To follow instructions and stop safely.</p> <p>To stop safely and develop control when using equipment.</p> <p>To follow instructions and play safely as a group.</p> <p>To follow a path and take turns.</p> <p>To work cooperatively with a partner.</p>	<p style="text-align: center;"><b>Ball skills: Unit 1</b></p> <p>To explore sending an object with hands and feet.</p> <p>To explore catching to self and with a partner.</p> <p>To explore stopping a ball with hands and feet.</p> <p>To explore dropping and catching with two hands and moving a ball with feet.</p>	<p style="text-align: center;"><b>Ball skills: Unit 2</b></p> <p>To explore sending an object with hands and feet.</p> <p>To explore catching to self and with a partner.</p> <p>To explore stopping a ball with hands and feet.</p> <p>To explore dropping and catching with two hands and moving a ball with feet.</p>	<p style="text-align: center;"><b>Games: Unit 1</b></p> <p>To explore sending and receiving with hands and feet using a variety of equipment.</p> <p>To explore dropping and catching with two hands and moving a ball with their feet.</p> <p>To recognise their own space.</p> <p>To explore changing direction and tagging games.</p>	<p style="text-align: center;"><b>Games: Unit 2</b></p> <p>To explore throwing using a variety of equipment.</p> <p>To explore catching using a variety of equipment.</p>

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	<b>Dance: Unit 1</b>	<b>Gymnastics: Unit 1</b>	<b>Fundamentals: Unit 1</b>	<b>Gymnastics: Unit 2</b>	<b>Dance: Unit 2</b>	<b>Fundamentals: Unit 2</b>
	<p>To explore how my body moves.</p> <p>To copy basic actions and rhythms.</p> <p>To begin to explore pathways and the space around me in relation to others.</p> <p>To perform short phrases of movement in front of others.</p> <p>To link movements to sounds and music.</p>	<p>To show contrasting shapes with my body including wide/narrow and straight/curved.</p> <p>To explore shapes in stillness using different parts of my body.</p> <p>To explore rocking and rolling.</p> <p>To explore jumping safely.</p>	<p>To explore changing direction safely.</p> <p>To explore balancing whilst stationary and moving.</p> <p>To explore moving different body parts together.</p> <p>To explore moving and stopping with control.</p> <p>To explore taking weight on different body parts.</p> <p>To explore moving for extended periods of time.</p>	<p>To show contrasting shapes with my body including wide/narrow and straight/curved.</p> <p>To explore shapes in stillness using different parts of my body.</p> <p>To explore rocking and rolling.</p> <p>To explore jumping safely.</p>	<p>To explore how my body moves.</p> <p>To copy basic actions and rhythms.</p> <p>To begin to explore pathways and the space around me in relation to others.</p> <p>To perform short phrases of movement in front of others.</p> <p>To link movements to sounds and music.</p> <p>To show movement in response to a stimulus.</p>	<p>To begin to explore take off and landing safely.</p> <p>To explore hopping on both feet.</p> <p>To explore skipping as a travelling action.</p>
<b>Excellence Enjoyment Everyone Everything</b>	<p><b>Excellence-</b> Recognise the excellence of athletes, gymnasts and dancers and the perseverance they demonstrate to succeed at their sport. Recognise the development in their own skill and potential to succeed in physical activity.</p> <p><b>Enjoyment-</b> Enjoy experiences a wide range of sports and physical activity. Enjoy experiencing coaching, visits and trips from professional athletes, professional coaches and inspiring sportspeople.</p> <p><b>Everyone-</b> Everyone is entitled to access to physical activity and the opportunity to compete. Recognise the importance of advances in equality for sport including the Paralympics as well as the prominence over female sport eg. 'This girl can' and The Lionesses</p> <p><b>Everything-</b> Know the rules and techniques involved in a variety of games and sports and develop your skills in each area.</p>					
<b>Vocabulary</b>	<p>follow share team safely space path travel listen</p> <p>move around space safely shape copy sideways forwards backwards</p>	<p>follow share team safely space path travel listen</p> <p>roll throw team safely space kick stop bounce listen</p>	<p>roll throw team safely space stop kickbounce listen</p> <p>run hop safely direction space stop jump listen</p>	<p>copy over travel around space shape through roll rock</p> <p>copy over travel backwards space shape rock sideways forwards</p>	<p>run throw safely team space stop catch tag score</p> <p>move around space sideway s safely shape copy forwards backwards</p>	<p>run rules safely team space stop tag catch score</p> <p>run hop safely direction space stop balance skip jump</p>