

Big Ideas/ Key Elements of PE		
<ul style="list-style-type: none"> - Movement - Development of skills and techniques - Application of skills and techniques - Working independently and then in small groups 	<ul style="list-style-type: none"> - Competition - Games - Tactics - Challenge 	<ul style="list-style-type: none"> - Analysis and evaluation - Preparation for life and participation - Health and fitness - Swimming

Physical Development Expectations		Nursery baseline	End of Autumn term	End of Spring term	End of Summer term in Nursery Reception baseline	End of Autumn term	End of Spring term	End of Summer term ELG (from Sep 2021)
Gross motor skills	Can squat to play but needs hands to support body Needs adult support to use nursery climbing equipment (slide) Can use Nursery cars by pushing feet onto ground Enjoys exploring what balls, hoops etc do Needs to hold adult's hand to go upstairs or downstairs	Squats with steadiness to rest or play with an object on the ground and can rise to feet with using hands Can kick a large ball Can use nursery outside climbing equipment (slide) Can use outside balance equipment with support Walks upstairs or downstairs holding onto the rail two feet to a step	Moves freely and with pleasure and confidence in a range of ways, such as walking, shuffling, crawling, Can use 3-wheel scooter and balance bike in a straight line Can kick a ball at a large target	Moves freely and with pleasure and confidence in a range of ways, such as rolling, sliding slithering Walks upstairs with alternate feet and downstairs 2 feet to each step whilst carrying small object in one hand Can stand on one foot for a couple of seconds	Moves in ways such as jumping and hopping Can bounce and catch a large ball Can use 3 wheel scooter and balance bike to navigate around obstacles Can attempt to use outside balance equipment independently (may need a little support)	Experiments with different ways of moving- chooses rather than being told Jumps off an object and lands appropriately. Can throw a large ball into the air and catch it. Can use reception outside climbing equipment (slide part)	Travels with confidence and skill around, under, over and through balancing and climbing equipment. Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. Can walk downstairs one foot on each step	Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination; Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Vocabulary

- Children are encouraged to talk about how their body feels during exercise: hot, sweaty, heart bumping, beating faster
- Equipment names: ball, hoops, quoits, racquet, bat,
- Skill being used: balancing, hopping, skipping, dancing, climbing, bouncing, pushing, pulling, patting, rolling, catching, sliding, shuffling, crawling, slithering, team mate