

# Physical Education

## Topic overview

### Locomotion – Walking



Year group: Reception

Term: Spring 2

The unit of work will explore walking using different body parts in different directions, at different levels and at different speeds. Pupils will learn how to apply their walking skills into games.

### Prior knowledge

Pupils will have explored creating simple movement sequences. Pupils will respond to words and music using their bodies and props. Pupils have explored movements such as creeping, tiptoeing and hiding as they try becoming different characters.

### EYFS Framework:

#### Physical Development 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.

### By the end of this unit, I will be able to:

**Doing** - Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders.

**Thinking** - Pupils will develop an understanding of why we move into space as they explore moving and walking.

**Team work** - Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.

**Trying** - Pupils will develop their own self-belief as they move and travel with confidence.

### Key vocabulary

- Low
- High
- Running

