

Physical Education

Year group: Reception

Term: Spring 1

Prior knowledge

Pupils will have explored creating simple movement sequences. Pupils will respond to words and music using their bodies and props.

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.



Topic overview



Gymnastics - Moving

The unit of work will explore 'champion gymnastics'. Pupils will create movements and balances in big and small ways on the floor and on apparatus. Pupils will work in pairs to explore creating movements and balances with a partner.

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

Doing - Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus.

Thinking - Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.

Team work - Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.

Trying - Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus.

Key vocabulary

- Movement
- Music
- Champion gymnastics