

Physical Education

Topic overview

Locomotion – Jumping



Year group: Reception

Term: Spring 2

The unit of work will explore jumping, in different directions, at different speeds, different levels, heights and distances. Pupils will learn how and why we jump, using our head, arms and feet, applying the basic jumping technique.

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 jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.

Thinking - Pupils will explore their curiosity as they try jumping in a variety of different ways.

Team work - Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.

Trying - Pupils will show courage as they apply developing confidence while exploring their jumping skills.

Key vocabulary

- Low
- High
- Running

