

Physical Education

Year group: Reception

Term: Autumn 1

Prior knowledge

The above is dependent on children's prior experiences at a nursery or home setting. Staff to complete observations on child's arrival into the Reception setting. Some pupils may have some experience of throwing and catching a ball.

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



Ball Skills – Hands 1

The unit of work will explore different ways of using our hands to move with a ball, keeping control. Pupils will explore rolling, pushing and bouncing a ball with a partner.

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

Doing - Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.

Thinking - Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.

Team work - Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.

Trying - Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.

Key vocabulary

- Catch
- Throw
- Rolling
- Pushing
- Bouncing