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| **Year Reception Gymnastics**  **Curriculum Link:**  **To develop balance, agility and co-ordination, and begin to apply these in a range of activities** | | |
| **Key Information** | **Learning** | **Key PE Skills** |
| **Unit** | **Goals** | **Competing and Performing** |
| Subject Name: **PE**  Year Group: **Reception**  Term: **3 (H1)**  Unit Name: **Gymnastics 1** | **Physical Development**   * 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.   **Personal, Social and Emotional Development**   * Work and play cooperatively and take turns with others * Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. * Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. | * Show resilience and perseverance in the face of challenge. * To represent their own ideas, thoughts and feelings through a performance. * Participate in simple games. |
| **Big Ideas** | **Other Key Skills** | **Health and Fitness & Preparation** |
| To explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. | * Create a short sequence of movements. * Roll in different ways with control. * Travel in different ways. * Stretch in different ways. * Jump in a range of ways from one space to another with control. * Begin to balance with control. | * To know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. * To show understanding of how to transport and store equipment safely. * They handle equipment and tools effectively and safely. * Dress with support. |

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| **Key Information** | | **Learning** | **Key PE Skills** |
| **Vocabulary** | | **Future Learning:** | **Evaluation and Communication** |
| balance  roll  throw  catch  jump  skip  kick  climb | hop  run  forwards  backwards  up  down  walk  dance | (Agility, Balance and Co-ordination e.g., pilates, gymnastics)   * Copy and repeat actions and movements. * Link actions to make a sequence. * Hold still shapes and simple balances. * Travel in different ways, changing direction and speed. * Move around, under, over, and through different objects and equipment. * Begin to move with control and care. | * Talk about what they have done. * Talk about what others have done. * Negotiate space and obstacles safely, with consideration for themselves and others * Follow simple rules. * Participate in team games. * Play a range of chasing games |
| **Glossary** | | | |
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