

Subject Progression
Physical Education – Reception
Adjusted Autumn Term Due to COVID restrictions

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Healthy Movers Programme: has been designed to support the development of physical literacy in children aged 2-5</p>	<p>Fundamentals 1 -I can begin to use the skills I have learned to jump and bound, run and move in different directions and balance in different shapes.</p>	<p>Fundamentals 2: -I can take part in an agility course using the skills I have learnt to bound, hop, jump and skip – I can take turns with other children</p>	<p>Dance Under the Sea: -I can create and perform a short dance based on creatures under the sea.</p>	<p>Games Unit 1 -I can begin to use the skills I have learned to start and stop, move in different directions, balance in different shapes, bounce and pass a ball in a small game situation.</p>	<p>Games Unit 2 -I can use the skills I have learnt to bounce a ball over a line in a game.</p>
		<p>Gymnastics Unit 1 I can show a variety of actions using the floor and where appropriate, the apparatus, such as; walking, running, slithering, sliding, jumping, galloping, rolling, skipping, hopping, sidestep balancing and climbing.</p>	<p>Balanceability Balanceability offers a sustainable programme for schools to promote the physical benefits of cycling for young children as well as providing a fun and engaging activity</p>	<p>Gymnastics -I can create a gymnastic sequence using the floor and apparatus of 4 different actions in which I can show stretched and curled actions. -I can include a start and finish position.</p>	<p>Striking/Targets -I can you begin to use the skills I have learned to underarm throw, overarm throw, dribble using a uni hoc stick and strike a ball using a tennis racket.</p>
Follow Instructions		Show respect and Good Manners		Try our Best	Care for Everyone and Everything