

RECEPTION PE KEY LEARNING OBJECTIVES

Reception				
GYMNASTICS	Unit A	Unit B	Unit C	
	<ul style="list-style-type: none"> • To travel with control in a variety of ways. • To show an awareness of contrasts in speed and level. • To show an awareness of space and share space safely. • To know, understand and show safe use of apparatus. 	<ul style="list-style-type: none"> • To travel and balance with control when holding stretched or curled shapes. • To stop and start on a given signal and share space safely. • To show an awareness of contrasts in levels. • To link two movements together. 	<ul style="list-style-type: none"> • To travel with control on different body parts. • To show an awareness of different speeds and levels. • To link movements together. • To safely transfer work from the floor to apparatus. 	

	Unit 1	Unit 2	Unit 3	Unit 4
GAMES	<ul style="list-style-type: none"> • To use space safely. • To travel with increasing control and co-ordination. • To use a range of small games equipment safely and with increasing control. • To concentrate and play an aiming game. 	<ul style="list-style-type: none"> • To send and receive a ball with increasing confidence and control. • To develop co-ordination when steering, bouncing or kicking a ball. • To show an awareness of space and share space safely. • To know, understand and show safe use of equipment. 	<ul style="list-style-type: none"> • To use hoops and quoits in a controlled, co-ordinated and safe way. • To share space and equipment safely and confidently with others. • To co-operate with a partner / other children to play games. • To follow the rules of a game. 	<ul style="list-style-type: none"> • To use a bat and ball in a safe, co-ordinated and controlled manner in simple, limited activities. • To send and receive a ball with a partner. • To show an awareness of personal space (<i>swinging the bat</i>) and general space. • To use space and equipment safely.

	Unit 1	Unit 2	Unit 3	Unit 4
DANCE	<ul style="list-style-type: none"> • Be aware of the space around them and move safely about the room. • Make simple shapes with their bodies. • Travel on feet in a variety of ways. • Recognise repeated sounds and sound patterns and match movements to music. 	<ul style="list-style-type: none"> • Travel safely in a variety of ways on different body parts of the body. • Recognise and make simple shapes with their bodies. • Move on different levels and in different directions. • Recognise and use changes of speed. 	<ul style="list-style-type: none"> • Recognise and use a variety of body shapes. • Move and freeze with control. • Travel and turn on high and low levels. • Travel, rise and fall using different speeds. 	<ul style="list-style-type: none"> • Distinguish between different shapes - stretched, curled, wide and thin. • Create pathways and patterns on the floor and in the air. • Work co-operatively with a partner.