

Reception Topic Coverage

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking skipping, jumping, climbing Develop overall body-strength, balance, coordination. Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Know and talk about the different factors that support their overall health and wellbeing: <ul style="list-style-type: none"> regular physical activity healthy eating toothbrushing sensible amounts of 'screen time' having a good sleep routine being a safe pedestrian 		<ul style="list-style-type: none"> Progress towards a more fluent style of moving, with developing control and grace. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop the foundations of a handwriting style which is fast, accurate and efficient. Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes- personal hygiene <p>EAD statements linked to Dance-</p> <ul style="list-style-type: none"> Listen attentively, move to and talk about music, expressing their feelings and responses. Watch and talk about dance and performance art, expressing their feelings and responses Explore and engage in music making and dance, performing solo or in groups. 		<ul style="list-style-type: none"> Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming. Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group. 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. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. 	
<p>Gross Motor Skills ELG 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.</p>			<p>Fine Motor Skills ELG Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.</p>		
Vocabulary					
straight, pike, tuck, straddle, star, shape, curl, roll, balance. land, climb, Travelling- slither, gallop, shuffle, roll, crawl, slide, skip, walk, run, jump, freeze Tension, control, strength, stretch, safely, position, body parts Direction- forwards, backwards, sideways, under, over, through		Travelling - slither, gallop, shuffle, roll, crawl, slide, skip, walk, run, jump, freeze Actions - lead, follow copy body parts Co-operation - share, wait, before, after. Direction – forwards, backwards, sideways, Feelings - happy, excited, sad Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above. Independent, group Rhythm, beat		Movement, safely, space, control, co-ordination, turning, dodging, tracking, obstacles Travelling- walking, running, jumping, marching, freeze, Adjust speed- fast, slow, Direction – forwards, backwards throwing, catching, rolling, stopping, pushing, patting, kicking, dribbling, bouncing, striking	

I will learn...

- ✓ How to experiment with a range of balances.
- ✓ How to navigate a range of equipment with confidence.
- ✓ How to control movements with increasing co-ordination.
- ✓ How to experiment with large and small movements.
- ✓ How to jump off an object.
- ✓ How to land appropriately.

- ✓ How to experiment with different ways of moving.
- ✓ How to negotiate space.
- ✓ How to experiment with movements with a range of music.
- ✓ How to move with gesture through dance.
- ✓ How to move and express feelings through dance.
- ✓ How to combine movements to dance.
- ✓ How to represent my own ideas, thoughts and feelings through dance.

- ✓ How to negotiate space.
- ✓ How to avoid obstacles when moving at speed.
- ✓ How to adjust speed.
- ✓ How to change direction.
- ✓ How to travel in a variety of ways.
- ✓ How to suggest which way to move is the most effective.
- ✓ How to throw, kick, catch, push and pat an object with interesting control.