



Subject: PE Topic: Gymnastics Year Group: Reception

What I should already know (this will depend on the children's individual experiences pre-school):

To balance, go up steps/stairs or climbs apparatus using alternate feet, skip, hop, stand on one leg or hold a pose, use large muscle movements to wave, are increasingly able to use and remember sequences and patterns of movement, match their developing physical skills to tasks and activities e.g. deciding whether to walk, crawl or run across a plank depending on length and width, collaborate with others to manage large items, such as moving along a plank safely or carrying equipment, be increasingly independent when they dress and undress.

Vocabulary:

Freeze, walk, space, shape, towards, away from, small, big, stretch, body parts, same, different, travel, bounce, hop, sit, stand, kneel, high, low, swing, land, tip-toe, squat, wave, slide, crawl, step, over, under, along, forwards, backwards, sideways, curl, roll, quick, slow, jump.

What I will know by the end of the unit:

- To move linking actions together
- To move with control of my body
- To know how to use my body to complete activities and actions
- To use my body to achieve good posture
- To begin to use a range of large and small apparatus alone and in a group
- To know and talk about health and well-being
- To further develop the skills they need to manage school successfully e.g. turn taking.

ELG: Gross Motor Skills

Children at the expected level of development will:

- use space and be aware of obstacles
- be safe, thinking about themselves and others;
- Demonstrate strength, balance and understand how their bodies work
- Move energetically, run, jump, roll, hop, skip and climb.

Activities I can take part in to achieve my objectives:

- Learn how to be safe
- Carrying apparatus – setting up and putting away
- Follow simple instructions and copy actions
- Travel on different body parts, in different directions and at different heights
- Learn how to jump and land safely on two feet.
- Different ways of travelling in between/across mats/apparatus
- Explore big/small shapes and movements