



Subject: PE Topic: Ball and beanbag Skills Year Group: Reception

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

To balance, skip, hop and start taking part in group activities which they make up for themselves or in teams, match their developing physical skills to tasks and activities, choose the right resources to carry out an activity, show a preference for a dominant hand, be increasingly independent when they dress and undress, make healthy choices about food, drink and activity.

Vocabulary:

Steer, close, feet, hands, directions, stop, look, fast/quick, slow, run, pull into chest, roll, throw, catch, bounce, skip, jump, hop, high, big hands, carry, pat, push, balance, inside, outside, kick, swing, release (let go), body parts.

What I will know by the end of the unit:

- To have a go at throwing, catching and kicking.
- To move with, balance and roll a ball.
- To use space safely, avoiding others.
- To explore what I can do with equipment
- To use my hands and feet to move equipment
- To collect a moving or still object

Activities I can take part in to achieve my objectives:

- Explore different ways equipment can be used
- Use of hands and feet – e.g. dribbling, steering, obstacle style activities
- Bouncing, rolling, moving, collecting and catching activities
- Balancing games