

Subject: PE: We develop our physical skills & ideas, thoughts and feeling in reception through...

Personal, Social and Emotional Development

- Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them.
- Increasingly follow rules, understanding why they are important.
- Do not always need an adult to remind them of a rule.
- Manage their own needs.
- Undressing and Dressing for PE, swimming and outdoor learning and outdoor education
- Recognise how their body feels before, during and after exercise.
- Taking and managing risks.
- Sharing apparatus and equipment with other learners
- Understanding what they are capable of when using equipment and what is outside their comfort zone.
- When engaging in activities which involve other learners this helps them to build relationships. E.g. rolling balls to one another.

Physical Development

<https://www.birthto5matters.org.uk/wp-content/uploads/2021/03/Birthto5Matters-download.pdf>

<https://www.gov.uk/government/publications/best-start-in-life-a-research-review-for-early-years/best-start-in-life-part-2-the-3-prime-areas-of-learning>

Learners are working towards:

- I can run safely developing confidence.
- I can begin to walk, run, climb on different levels and surfaces.
- I can sit up and lie down.
- I can move in response to music or sounds/ instruments.
- I can jump in the air and forward for a small distance.
- I can show increasing control of larger objects.
- I can kick a stationary ball.
- I can throw/ toss/ drop a ball with increasing forces. I can link two actions in a sequence (for example, crawling and walking, or climbing and jumping).
- I can follow simple instructions although I may need the support of symbols or other prompts.
- I can explore a variety of movements and show some awareness of space.
- I can take turns with a partner or in a small group.
- I can complete tasks in an order/ sequence.
- I enjoy applying my skills outside in a range of environments.

Communication and Language

- Discussions about being healthy e.g. changes to the body during exercise, eating healthy snacks and food, exercise and sleep.
- Weekly wellbeing sessions- feelings, preferences.
- Zones of regulation, being able to express physical feelings through symbols, physical prompt and verbal language.
- expressing how they feel before, during and after exercise. Experience the changes.
- Engaging others in activities and play
- Instigating games with adults or other learners. E.g. rolling balls, dancing.
- Asking for more or asking for help when using apparatus.
- Understanding how an activity, game or piece of equipment works.

Expressive Arts and Design

- Mark making using a variety of tools, art area in classrooms and big mark making opportunities outdoors in the quad.
- Respond to what they have heard, expressing their thoughts and feelings through movement.
- Return to and build on their previous learning, refining ideas and developing their ability to represent them.
- Create collaboratively, sharing ideas, resources and skills.
- 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.
- Move to music and develop body awareness, rhythm, actions.

Examples:

- PE weekly time slot in the hall
- Riding bikes, trikes and scooters on the playground
- Grass Balancing equipment on the playground
- Playing simple games with a variety of resources- beanbags, hoops and balls
- Learning how to manage space, obstacles and risk safely
- Landgate Lane Park visits
- Swimming
- Local area walks
- Physical develop equipment in the Quad (bean bags, balls, hoops, rackets)
- Life Space
- Trim Trail
- Squiggle Wiggle/Digit Dance
- Dough Disco

- Sensory circuit
- Yoga
- Crates, Planks, Tyres in the Quad Area to build an assault course
- Sensory input items from Occupational Health
- Trampette in each classroom
- Gym equipment in the playground

