



**Physical development
Gross Motor Skills & Being imaginative & expressive & Speaking - PE overview**

ELG

- Negotiate space & obstacles safely, with consideration for themselves & others
- Demonstrate strength, balance & coordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping & climbing

Focus	Gymnastic movements	Basic movements & games	Dance
Nursery	<ul style="list-style-type: none"> • Can balance on one foot or in a squat momentarily, shifting body weight to improve stability • Walks down steps, using alternate feet, or slopes whilst carrying a small object, maintaining balance & stability 	<ul style="list-style-type: none"> • Can grasp & release with two hands to throw & catch a large ball, beanbag or object • Runs with spatial awareness & negotiates space successfully, adjusting speed or direction to avoid obstacles • Develop their movement, balancing, riding (scooters, trikes & bikes) 	<ul style="list-style-type: none"> • Increasingly able to use & remember sequences & patterns of movements which are related to music & rhythm • Use large muscle movements to wave flags & streamers
Reception	<ul style="list-style-type: none"> • Revise & refine fundamental movements, making changes to body shape, position & pace of movement such as slithering, shuffling, rolling, skipping, hopping & sliding • Combine different movements with ease & fluency • Develop overall body strength, coordination, balance & agility 	<ul style="list-style-type: none"> • Negotiate space successfully when playing racing or chasing games, adjusting speed or changing direction to avoid obstacles • Develop & refine a range of ball skills including: throwing, catching, kicking, batting & aiming • Develop confidence, competence, precision & accuracy with activities that involve a ball • Develop overall body strength, coordination, balance & agility e.g. wheelbarrows, balance bikes & pedal bikes 	<ul style="list-style-type: none"> • Initiates new combinations of movements & gestures to express & respond to feelings, ideas & experiences • Watch & talk about dance & performance art, expressing their feelings & responses • Explore & engage in dance, performing solo or in groups
Year 1	<ul style="list-style-type: none"> • Begin to perform a range of required movements/shapes • Begin to sequence simple movements together • Begin to compare and contrast fundamental movement skills 	<ul style="list-style-type: none"> • Begin to demonstrate and explain how to throw and kick the ball in different ways • Begin to evaluate my own performance 	<ul style="list-style-type: none"> • Begin to perform controlled body movements • Begin to compose dance movements made up of taught skills and invented ones • Begin to sequence simple movements together

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- ♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- ♣ participate in team games, developing simple tactics for attacking and defending
- ♣ perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.