

Cardinham School EYFS - Physical Development



Intent

Through 'Physical Development', children learn how to move confidently and in a variety of different ways. They learn how to work creatively both as an individual and within a team. Children develop confidence in fundamental movements and can send and receive a variety of objects with different body parts. By the end of their reception year, pupils will enjoy being physically active and understand why it is important to exercise regularly.

Sequence of EYFS Learning

Nursery

Skip in isolation and with a rope.

Can use hands and feet to negotiate obstacles

Respond to hearing music.

Replicate basic demonstrations, simple movements and shapes.

Jump using a variety of take offs and landings.

Reception Autumn 1: Cooperate & Solve **Problems**

Work with a partner to listen, share ideas, question and choose.

Move confidently and cooperatively in space. Travel in a range of ways.

Copy and repeat various patterns and actions.

Show an understanding of their own feelings.

Work and play cooperatively and take turns.

Reception Autumn 2: Body Management

Explore balance and managing own body including manipulating small objects.

Able to stretch. reach, extend in a variety of ways and positions.

Explore a variety of rolling, sliding and slithering.

Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in different combinations.

Reception Spring 1: Dance

Perform a wide variety of dance actions both similar and contrasting.

Copy, repeat and perform simple movement patterns.

Count and move to beats of 8.

Copy and repeat movement patterns

Work as an individual, in partners, and as a group.

Reception Spring 2: **Gymnastics**

Develop confidence in fundamental movements.

Experience jumping, sliding, rolling, moving over, under and on apparatus.

Develop coordination and gross motor skills.

Learn and refine a variety of shapes, jumps, balances and rolls.

Link simple balance, jump and travel actions.

Reception Summer 1: Speed, Agility, Travel

Travel with some control and coordination.

Change direction at speed through both choice and instructions.

Perform actions demonstrating changes in speed.

Recognise the difference between actions such as moving softly, quietly, quickly, powerfully etc..

Relate body movements to music and beats.

Reception Summer 2: Manipulation & Coordina-

tion

Send and receive a variety of objects with different body parts.

Work with others to control objects in space.

Coordinate body parts such as handeye, foot-eye over a variety of activities.

Key Stage P.E

Ready

cooperate, team, individual, partner, pair, work, choose, try, travel, roll, jump, twist, turn, crawl, roll, run, line file, width, length, carry, challenge, shape, count, retrieve, collect, suits, deck, cards, trail, body shape, alternate, balance, stretch, crawl, slide, slither, apparatus, pause, prepare, anticipate, agility, dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow, beat, curl, join, link, teamwork, pattern, roll, sequence, shape, timing, pathway, direction, quietly, powerfully, quietly, grip, one foot, reach, roll.

Vocabulary