

Reception PE Long Term Plan 2020/21

		Au2	Spr 1	Spr 2	Sum 1	Sum 2
Reception	Theme	Multiskills 1	Gymnastics Fun Shapes plus equipment	Multiskills 2	Gymnastics Move and Hold plus equipment	Dance – A complete Scheme
	Key new learning	<p>Spatial awareness, Throwing, Catching, Sending and Receiving</p> <p>Pupils show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Pupils are confident to try new activities, and say why they like some activities more than others. Pupils play co-operatively, taking turns with others. Pupils follow instructions involving several ideas or actions. They work as part of a group or class, and understand and follow the rules.</p>	<p>Physical Development</p> <p>Fun gym shapes – straight, star and tuck shapes with extension to pike and straddle shapes for the more able. Short movement phrases - repeat the same fun gym shape or link different fun gym shapes. Control – holding the fun gym shapes for 3 counts.</p>	<p>Movement, Balance, Catching</p> <p>Pupils show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. Pupils are confident to try new activities, and say why they like some activities more than others. Pupils play co-operatively, taking turns with others. Pupils follow instructions involving several ideas or actions. They work as part of a group or class, and understand and follow the rules.</p>	<p>Physical Development</p> <p>Movement and stillness – positions of stillness, individual body movements and whole body movements on the spot and travelling. Short movement phrases – repeat the same body movements and link different body movements to positions of stillness. Performance – show clear start and finish positions.</p>	<p>Explore, experiment and learn through senses.</p> <ul style="list-style-type: none"> • Move with confidence, imagination, safety, control and coordination • Recognise changes to bodies when active • Recognise repeated sounds and sound patterns • Match movements to sound patterns • Respond in a variety of ways to what they see, hear and feel