

**PD****Physical Development - Gross Motor****Learning Objectives:**

- Begin to develop 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

Theme: Physical Development

| Essential Knowledge | Key Vocabulary | Prior Knowledge |
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| <p>Revise and refine the fundamental movement skills they have already acquired; rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</p> <p>Learn how to run in different ways for a variety of purposes</p> <p>How to roll equipment in different ways</p> <p>How to throw an object at a target</p> <p>How to jump in a range of ways, landing safely</p> | <p>Faster</p> <p>Longer</p> <p>Run</p> <p>Exercise</p> <p>Healthy lifestyle</p> | <p>EYFS Nursery</p> <p>Develop their;</p> <ul style="list-style-type: none">• movement, balancing, and ball skills• Go up steps and stairs• Begin to climb up apparatus, using alternate feet.• Skip, hop, stand on one leg and hold a pose for a game like musical statues.• Use large-muscle movements to wave flags and streamers, paint and make marks.• Start taking part in some group activities• Begin to be able to remember sequences and patterns of movements which are related to music and rhythm. |
| Development Of Skills | Essential Skills | |
| | <p>Physical Me: (Skills)</p> <p>I can run the line without stopping</p> <p>I can use the climbing equipment confidently</p> <p>I can throw a bean bag into a hoop</p> <p>I can throw and catch a large ball</p> <p>I can use and carry large equipment safely</p> <p>I can move in time to music</p> <p>I can follow a very simple dance/movement sequence</p> | <p>Children will be taught:</p> <p>To demonstrate running in isolation and in combination.</p> <p>To move with developing control, agility and confidence.</p> <p>To run in different ways for a variety of purposes</p> <p>To roll equipment in different ways</p> <p>To throw an object at a target</p> <p>To jump in a range of ways, landing safely</p> |

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| | <p>Creative Me: (Applying skills) I can move in different ways</p> <p>Healthy Me: (Healthy lifestyles) I can talk about how my breathing changes after exercise I can talk about what foods are healthy</p> <p>Thinking Me: (Evaluation) I can talk about the different ways I move</p> | |
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| End Point Expectations | | |
| ELGs | | |
| Negotiate space and obstacles safely, with consideration for themselves and others. | | |
| Demonstrate strength, balance, and coordination when playing. | | |
| Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing. | | |
| RESOURCES TO SUPPORT THIS UNIT - UK Athletics Primary Resource Pack | | |

Creative Me: (Applying skills)

I can move in different ways

Healthy Me: (Healthy lifestyles)

I can talk about how my breathing changes after exercise

I can talk about what foods are healthy

Thinking Me: (Evaluation)

I can talk about the different ways I move

End Point Expectations

ELGs

Negotiate space and obstacles safely, with consideration for themselves and others.

Demonstrate strength, balance, and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing.

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