



PD Physical Development - Gross Motor		
Learning Objectives: <ul style="list-style-type: none"> 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
Revise and refine the fundamental movement skills they have already acquired;rolling, crawling, walking, jumping,running, hopping skipping and climbing. Learn how to run in different ways for a variety of purposes How to roll equipment in different ways How to throw an object at a target How to jump in a range of ways, landing safely	Faster Longer Run Exercise Healthy lifestyle	EYFS Nursery Develop their; <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
Physical Me: (Skills) I can run the line without stopping I can use the climbing equipment confidently I can throw a bean bag into a hoop I can throw and catch a large ball I can use and carry large equipment safely I can move in time to music I can follow a very simple dance/movement sequence		Children will be taught: To demonstrate running in isolation and in combination. To move with developing control, agility and confidence. To run in different ways for a variety of purposes To roll equipment in different ways To throw an object at a target To jump in a range of ways, landing safely

	<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>	

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