

Physical Development

Early Years Curriculum Plan

Physical Development at Defford

Our Vision

Our Intent

Faith	Friendship	Fun	Learn	Grow
<ul style="list-style-type: none">• Pupils develop the confidence in themselves to move, balance, show strength and determination• Have faith and confidence in their own physical abilities	<ul style="list-style-type: none">• Enjoy games alongside peers to achieve a goal together• Support and guide their friends through physical activities	<ul style="list-style-type: none">• Pupils play games that excite them and challenge them	<ul style="list-style-type: none">• Pupils develop an understanding for rules of a game• Explore how their bodies can move in different ways• Experience a range of activities to develop their understanding of the sporting world• Learn about famous sportsmen and women	<ul style="list-style-type: none">• Pupils grow into confident, healthy and active individuals• Pupils challenge their fine and gross motor skills to develop social and emotional well-being• Refine techniques learnt through physical activity

Physical Development – YEAR A - WILLOW – AUTUMN TERM – OUR COLOURFUL WORLD/ INTO THE NIGHT
COMPLETE PE – WALKING 1/MOVING / JUMPING 1

KNOWLEDGE & SKILLS

in

Pre-school

Gross/fine motor skills

Experience games to support spatial awareness

Crawl with a bilateral movement

Develop **balance and strength**

Experience a range of **bikes and trikes – pedal** a 2 or 3 wheeled vehicle

Develop an awareness of gross motor skills, using our body to for large movements using **arms and legs** (Squiggle While You Wiggle)

Climb stairs and steps using alternate feet

Experience crossing the mid line of their **bodies** using large actions such as brush painting on the walls, tough tra

SPECIFIC SKILLS PROGRESSION THROUGH COMPLETE PE

Locomotion

Walking

Explore/develop walking

Explore walking in different pathways

Sustain walking Explore marching
Apply walking into a game

Moving (Gymnastics)

Explore moving and making shapes using different body parts

Explore moving in

different directions

Explore big and small ways of moving and making shapes

Moving in pairs Creating shapes in pairs

Locomotion:

Jumping Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping

KNOWLEDGE & SKILLS

in

Reception

Gross/ fine motor skills

Develop fundamental **movement skills** such as **rolling, jumping, hopping, running, climbing**

Develop body **strength** and **co-ordination** through using the indoor play equipment to **move** in different ways

Use a range of bikes and trikes and scooters for movement, **pushing, pedaling**

Negotiate others around them successfully on bikes and trikes

Undress independently, begin to dress self following PE or Forest School

Fasten **zips**

Thread 5 buttons (or similar) on a thread

Use the toilet independently and wipe themselves clean

Cut using a variety of **scissors** using a strong and confident **grip**

THEME LED LEARNING

Jumping movements like we are moving on the moon

Firework movements, dance and responding to movement

Diwali/ Hindu dance, copying patterns of movement



Through faith, friendship and fun we learn and grow.



PHYSICAL DEVELOPMENT – YEAR A – WILLOW – SPRING TERM – THE BIG CITY & ROLL UP, ROLL UP
COMPLETE PE – HIGH, LOW, OVER/UNDER/ NURSERY RHYMES/ OURSELVES

KNOWLEDGE & SKILLS

in

Pre-school

Put on coat, fasten zip

Climb a ladder using a bilateral action

Take off and put on socks and shoes (with some support if needed)

Explore **traveling** by **slithering, galloping, side stepping**

Moving backwards and forwards

**SPECIFIC SKILLS
PROGRESSION THROUGH
COMPLETE PE**

High, Low, Over, Under Introduction to high, low, over and under Introduction to the apparatus Applying high and low on

apparatus

Nursery Rhymes

Moving in sequence Creating our own movements

Creating simple movement sequences

Responding in movement to words and music

Exploring contrasting tempos

Exploring character movements

Ourselves

Moving in sequence Responding in movement to words and music

Moving with props and contrasting tempos

Creating their own movements

Exploring opposites and creating simple movement sequences

KNOWLEDGE & SKILLS

in

Reception

Catch a small soft ball

Stand and **balance** for a count of 3 on one foot

Walk on tiptoes

Colour in a **shape** or **solid** picture staying within the guide **lines**

Follow pathways when **exploring movement**

Manipulate **tweezers** to pick up small items (such as pom poms, seeds)

Use equipment that demonstrates finger strength independently (spray bottles/ playdough tools/ woodworking tools, hammers and screwdrivers)

Identify ways to keep our body and mind healthy

Balance successfully on a **balance bike**

THEME LED LEARNING

Walking on a tightrope, balancing

Big top music, moving like clowns, mime, juggling

Swinging and swaying like acrobats using apparatus in hall/ large space under big top

<https://www.bbc.co.uk/teach/school-radio/ks1-dance-lets-move-here-come-the-clowns/z4tccpg8>

School Radio

KS1 Dance: Let's Move. Here come the clowns!

BBC Teach - School Radio - Dance - KS1: Let's Move - Here come the clowns!

1. Juggling, stilts and tightropes - 2. Clinging around

Two dance sessions based on familiar clown movements and circus skills.



1. Juggling, stilts and tightropes

Time to enjoy some exaggerated clown moves and circus skills.



2. Clinging around

Putting together some of the exaggerated moves to create a comic sequence.

Through faith, friendship and fun we learn and grow.



PHYSICAL DEVELOPMENT– YEAR A – WILLOW– SUMMER TERM - OUT OF THE WINDOW & SPLISH, SPLASH, SPLOSH
COMPLETE PE – HIGH,LOW,OVER,UNDER/FEET 2 / GAMES FOR UNDERSTANDING

KNOWLEDGE & SKILLS

in

Pre-school

Gross/fine motor skills

Use a comfortable pencil **grip** in a dominant **hand**

Use the toilet and ask for help if needed

Pour a drink on their own

Begin to use scissors successfully to make **cuts** in paper or other thin materials

Use a **knife and fork** successfully for eating, cutting

Catch a large, soft ball with two hands

Throw a ball towards a target

Explore fast and slow movements

Water themed dance

**SPECIFIC SKILLS
PROGRESSION THROUGH
COMPLETE PE**

Ball Skills Feet

Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent

Ball Skills Hands 2

Explore throwing overarm
Explore throwing underarm

Explore rolling Explore stopping a ball Explore catching

Games For Understanding Taking turns/keeping the score Understanding and playing by the rules Avoiding a defender Preventing an attacker

from scoring

Applying attacking and defending into a game

KNOWLEDGE & SKILLS

in

Reception

Gross/fine motor skills

Fasten zips and buttons on clothing

Skip on **alternate feet**

Hit a ball with a **racket** or **bat**

Cut out a variety of **shapes** using a strong **grip** on the scissors in a dominant hand

Develop the concept of a simple team game, participate in a small **team game**

Follow **rules** in a game

Stand **firmly** on two feet while **upper body** moves

Hammer nails in to wood **safely** and **independently**

Form letters correctly using a **firm and comfortable pencil grip**

Throw a ball with increasing accuracy at a target

Water themed dance

THEME LED LEARNING

Journeys, exploring pathways using ropes, crossing pathways, zig zag pathways, circular pathways

Water themed dance, Monet Waterlilies as a stimulus



At the beach actions and movements

Through faith, friendship and fun we learn and grow.



AREA OF LEARNING – YEAR B – CLASS – AUTUMN TERM – HOW TO CATCH A STAR & ONE SNOWY NIGHT
COMPLETE PE – WALKING 1/MOVING HANDS 1 / JUMPING

KNOWLEDGE & SKILLS

in

Pre-school

Experience games to support spatial awareness

Crawl with a bilateral movement

Develop **balance and strength**

Experience a range of **bikes and trikes – pedal** a 2 or 3 wheeled vehicle

Develop an awareness of gross motor skills, using our body to for large movements using **arms and legs** (Squiggle While You Wiggle)

Climb stairs and steps using alternate feet

Experience crossing the mid line of their **bodies** using large actions such as brush painting on the walls, tough trays

**SPECIFIC SKILLS
PROGRESSION THROUGH
COMPLETE PE**

Locomotion

Walking

Explore/develop walking

Explore walking in different pathways

Sustain walking Explore marching Apply walking into a game

Moving (Gymnastics)

Explore moving and making shapes using different body parts

Explore moving in different directions

Explore big and small ways of moving and making shapes

Moving in pairs Creating shapes in pairs

Locomotion: Jumping Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping

KNOWLEDGE & SKILLS

in

Reception

Develop **movement skills** such as **rolling, jumping, hopping, running, climbing**

Develop body **strength** and **co-ordination** through using the indoor play equipment to **move** in different ways

Use a range of bikes and trikes and scooters for movement, **pushing, pedaling**

Negotiate others around them successfully on bikes and trikes

Undress independently, begin to dress self following PE or Forest School

Fasten **zips**

Thread 5 buttons (or similar) on a thread

Use the toilet independently and wipe themselves clean

Cut using a variety of **scissors** using a strong and confident **grip**

THEME LED LEARNING

Journey of stars dance and movement

<https://www.bbc.co.uk/teach/school-radio/dance-ks1-time-to-move-journey-of-the-magi-1-a-star-in-the-sky/ztnwcmn>

Snowflakes falling

Curling into small shapes like animals hibernating

Through faith, friendship and fun we learn and grow.



AREA OF LEARNING – YEAR B – CLASS – SPRING TERM – OFF WE GO & ONCE UPON A TIME
COMPLETE PE – HIGH, LOW, OVER/UNDER/ NURSERY RHYMES/HANDS 1 & 2

KNOWLEDGE & SKILLS

in

Pre-school

Put on coat, fasten zip

Climb a ladder using a bilateral action

Take off and put on socks and shoes (with some support if needed)

Explore **traveling** by **slithering, galloping, side stepping**

**SPECIFIC SKILLS
PROGRESSION THROUGH
COMPLETE PE**

High, Low, Over, Under Introduction to high, low, over and under
Introduction to the apparatus
Applying high and low on

apparatus

Nursery Rhymes

Moving in sequence Creating our own movements

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Ourselves

Moving in sequence Responding in movement to words and music
Moving with props and contrasting tempos

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KNOWLEDGE & SKILLS

in

Reception

Catch a small soft ball

Stand and **balance** for a count of 3 on one foot

Walk on tiptoes

Colour in a **shape** or **solid** picture staying within the guide **lines**

Follow pathways when **exploring movement**

Manipulate **tweezers** to pick up small items (such as pom poms, seeds)

Use equipment that demonstrates finger strength independently (spray bottles/ playdough tools/ woodworking tools, hammers and screwdrivers)

Identify ways to keep our body and mind healthy

Balance successfully on a **balance bike**

THEME LED LEARNING

Linking pathways in story maps to pathways in traditional stories; eg; Little Red riding hood's journey to Grandma's house, through the woods. Using equipment to take the journey, emphasising and practising up and over, high and low

<https://www.youtube.com/watch?v=0gyl6ykDwds>

We're going on a bear hunt movements exploring pathways



We're Going on a Bear Hunt
CELEBRATING 25 YEARS

Michael Rosen • Helen Oxenbury

Through faith, friendship and fun we learn and grow.



AREA OF LEARNING – YEAR B – CLASS – SPRING TERM – UGLY BUG BALL & HOW DOES YOUR GARDEN COMPLETE PE – HIGH,LOW,OVER,UNDER/FEET 2 / GAMES FOR UNDERSTANDING

KNOWLEDGE & SKILLS

in

Pre-school

Use a comfortable pencil **grip** in a dominant **hand**

Use the toilet and ask for help if needed

Pour a drink on their own

Begin to use scissors successfully to make **cuts** in paper or other thin materials

Use a **knife and fork** successfully for eating, cutting

Catch a large, soft ball with two hands

Throw a ball towards a target

Explore fast and slow movements

**SPECIFIC SKILLS
PROGRESSION THROUGH
COMPLETE PE**

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from scoring

Applying attacking and defending into a game

KNOWLEDGE & SKILLS

in

Reception

Fasten zips and buttons on clothing

Skip on alternate feet

Hit a ball with a **racket** or **bat**

Cut out a variety of **shapes** using a strong **grip** on the scissors in a dominant hand

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THEME LED LEARNING

<https://www.bbc.co.uk/teach/school-radio/dance-ks1-time-to-move-spring-in-the-garden-index/z7tggwx>

School Radio

KS1 Dance: Time to Move. Spring in the garden

BBC Teach - School Radio - Dance - KS1: Time to Move - Spring in the garden
1. Worms on the move - 2. Plants on the move - 3. Birds on the move
Diane Louise Jordan has three dance sessions inspired by changes in the garden during Spring.



1. Worms on the move
Diane Louise Jordan has the first of three dance sessions inspired by changes in the garden during Spring.



2. Plants on the move
Diane Louise Jordan has the second of three dance sessions inspired by changes in the garden during Spring.



3. Birds on the move
Diane Louise Jordan has the third of three dance sessions inspired by changes in the garden during Spring.

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