

# Physical Education Term Overview- Reception

Reception	Autumn	
FMS	Rumble in the Jungle	Jack and the Beanstalk
	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>• To travel on hands and feet</li> <li>• To roll in a variety of different ways.</li> <li>• To use an underarm and overarm throw with increasing accuracy.</li> <li>• To revise fundamental movement skills covered in the unit.</li> </ul> <p><u>Fundamental skills taught:</u></p> <ul style="list-style-type: none"> <li>• Underarm throw</li> <li>• Running fast</li> <li>• Jumping for distance</li> <li>• Rock and Roll</li> <li>• Travel on hands and feet</li> <li>• Rolling a ball</li> <li>• One leg balance</li> <li>• Balancing on small and large body parts</li> <li>• Rolling a ball</li> <li>• Egg roll</li> <li>• Teddy roll</li> <li>• Pencil roll</li> <li>• Forwards roll</li> <li>• Overarm throw</li> <li>• Hopping</li> <li>• Skipping</li> </ul>	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>• To use increasing control over an object by touching, pushing, patting, throwing and catching.</li> <li>• To move with control and co-ordination.</li> <li>• To use a range of small and large equipment.</li> <li>• To jump and land appropriately.</li> <li>• To roll in a variety of ways.</li> <li>• To roll a ball accurately.</li> <li>• To climb up and down apparatus using alternate feet.</li> </ul> <p><u>Fundamental skills taught:</u></p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Underarm/overarm throw</li> <li>• Jump for distance</li> <li>• Travel on hands and feet</li> <li>• Catching</li> <li>• Hopping</li> <li>• Jumping and landing</li> <li>• Rolling</li> <li>• Rolling a ball</li> <li>• Balance</li> <li>• Rolling - egg roll, rock and roll</li> <li>• Climbing</li> </ul>

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Spring		
	Minibeasts	Hungry Caterpillar
	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>• To perform the basic skill of jumping.</li> <li>• To travel over, under and through climbing equipment.</li> <li>• To catch a large sponge ball.</li> <li>• To catch with increasing accuracy.</li> <li>• To roll in a variety of ways.</li> </ul> <p><u>Fundamental skills taught</u></p> <ul style="list-style-type: none"> <li>• Jumping for distance</li> <li>• Running fast</li> <li>• Underarm throw</li> <li>• Travel on hands and feet</li> <li>• Hopping</li> <li>• Catching</li> <li>• Overarm throw</li> <li>• Skipping</li> <li>• Caterpillar Walk</li> <li>• Climbing</li> <li>• Balance on large and small body parts</li> <li>• Rock and Roll</li> <li>• Egg roll</li> <li>• Teddy roll</li> <li>• Pencil roll</li> <li>• Forwards roll</li> </ul>	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>• To perform basic skills of jumping.</li> <li>• To travel in a variety of ways low to the ground.</li> <li>• To travel over, under and through balance and climbing equipment.</li> <li>• To balance on a range of body parts.</li> <li>• To throw under arm.</li> <li>• To roll in a variety of ways.</li> </ul> <p><u>Fundamental skills taught;</u></p> <ul style="list-style-type: none"> <li>• Jumping for distance</li> <li>• Running fast</li> <li>• Hopping</li> <li>• Travel on hands and feet</li> <li>• Catching</li> <li>• Overarm and underarm throw</li> <li>• Skipping</li> <li>• Caterpillar Walk</li> <li>• Balance on large and small body parts</li> <li>• One-foot balance</li> <li>• Skipping</li> <li>• Jumping</li> <li>• Climbing</li> <li>• Rock and Roll</li> <li>• Egg roll</li> <li>• Teddy roll</li> <li>• Pencil roll</li> <li>• Forwards roll</li> </ul>

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Summer		
	Transport	Seaside
	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>To travel in a variety of ways.</li> <li>To adjust speed and direction to avoid obstacles.</li> <li>To show increasing control over an object pushing it.</li> <li>To perform a variety of gymnastic rolls.</li> <li>To over arm throw for distance.</li> <li>To climb nursery play climbing equipment.</li> </ul> <p><u>Fundamental skills taught</u></p> <ul style="list-style-type: none"> <li>Jump for distance</li> <li>Underarm throw</li> <li>Running fast</li> <li>Catching</li> <li>Rolling an object</li> <li>Travel under and through apparatus</li> <li>Hopping</li> <li>Push an object</li> <li>Balance on apparatus</li> <li>Jump off apparatus</li> <li>Egg roll</li> <li>Pencil roll</li> <li>Forwards roll</li> <li>Teddy bear roll</li> <li>Forwards roll</li> <li>Rock and roll</li> <li>Overarm throw</li> <li>Underarm throw</li> <li>Climbing</li> </ul>	<p><u>Termly Objectives:</u></p> <ul style="list-style-type: none"> <li>To balance on small body parts.</li> <li>To travel on hands and feet.</li> <li>To show increasing control over an object pushing and patting it.</li> <li>To perform a variety of gymnastic rolls</li> <li>To show increasing control over an object pushing and patting it.</li> <li>To underarm throw with some accuracy.</li> </ul> <p><u>Fundamental skills taught</u></p> <ul style="list-style-type: none"> <li>Jump for distance</li> <li>Underarm throw</li> <li>Running fast</li> <li>Crab walk</li> <li>Square bridge</li> <li>Jumping off an object</li> <li>Skipping</li> <li>Hopping</li> <li>Catching</li> <li>Push an object</li> <li>Balance an object</li> <li>Pat an object</li> <li>Egg roll</li> <li>Pencil</li> <li>Roll</li> <li>Teddy bear roll</li> <li>Forwards roll</li> <li>Rock and roll</li> </ul>

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| <ul style="list-style-type: none"><li>• <i>Gymnastics rolls</i></li><li>• <i>Climb using alternative feet</i></li><li>• <i>Push a ball using a bat</i></li><li>• <i>Jump and land appropriately</i></li><li>• <i>Travel on hands</i></li><li>• <i>Travel on feet</i></li><li>• <i>Balancing on small and large body parts</i></li></ul> |  |
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