

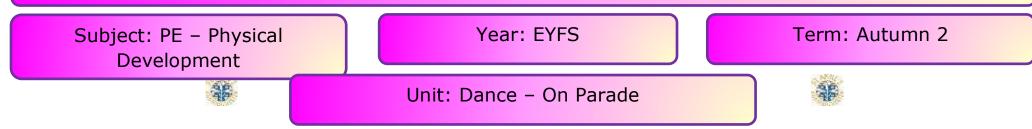
#### Links to EYFS curriculum areas:

- ELG Gross Motor Skills Negotiate space and obstacles safely, with consideration for themselves and others.
- ELG –Gross Motor Skills Demonstrate balance and co-ordination when playing.
- **ELG Gross Motor Skills –** Move energetically, such as running, jumping, dancing, hopping, skipping and climbing **Development Matters** Specific Areas
  - **Physical Development** Combine different movements with ease and fluency
  - **Physical Development** Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical development sessions.

**Creating and thinking critically** - Review their progress as they try and achieve a goal. Check how well they are doing.

	Children will know (that)	Children will understand (that)	Children will be able to
Balance – to maintain a steady	They can move their bodies in	How to move in different ways	copy individual and whole body
position so that you do not fall.	different ways.	depending on the instruction or activity.	movements with some control and co-ordination.
Speed – the rate at which	That they can relax and tense their		
someone or somethings moves (slow or fast)	own muscles	How to avoid people and obstacles when moving around at speed	link individual and whole body movements together.
	You need to be aware of others as		
<b>Direction</b> – the course along which someone or something moves.	you move around a space.	How your body can be used to make different shapes.	demonstrate balance with 2 feet on the ground
-	They need to follow instructions		
Control – Managing the direction	when using equipment	That balance is important when	watch others work
and speed a person or object is moving.		moving around.	

<b>Muscles</b> – inside our body's, they help to move our bones when we move around.	That exercise is good for your body and helps to make muscles strong.	What food should be eaten as a treat	recognise and negotiate space as they move around.
	Food gives our bodies energy so that we can move around and be active.	How exercise keeps us healthy	handle small apparatus safely. Talk about ways to keep healthy.



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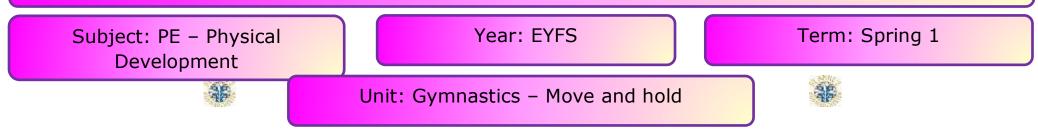
• **ELG – Gross Motor Skills –** Move energetically, such as running, jumping, dancing, hopping, skipping and climbing **Development Matters** – Specific Areas

- **Physical Development** Combine different movements with ease and fluency
- **Physical Development** Progress towards a more fluent style of moving, with developing control and grace.
- **Physical Development** Revise and refine fundamental movement skills they have already acquired.
- Physical Development Develop overall body strength, co-ordination, balance and agility needed to engage successfully with future physical development sessions.
- **PSED Building Relationships –** Work and play cooperatively and take turns with others.
- **PSED Self-Regulation** Give focused attention to what the teacher says, responding appropriately even when engaged with an activity, and show an ability to follow instructions involving several ideas and actions.

Creating and thinking critically - Review their progress as they try and achieve a goal. Check how well they are doing.

	Children will know (that)	Children will understand (that)	Children will be able to
Action – a movement that you make with your body.	They can move their bodies in different ways.	How to move in different ways depending on the instruction or activity.	copy some steps and actions with some control and co-ordination.
<b>Speed</b> – the rate at which someone or somethings moves (slow or fast)	That they can relax and tense their own muscles	Marching is walking with bodies straight and raising each knee high.	Link individual and whole body movements together.

<b>Direction</b> – the course along which someone or something moves.	You need to be aware of others as you move around a space.	That when marching it is important to keep to a beat or rhythm	Choose my own actions based on a given theme.
Half turn – turn to face the opposite way	They need to follow instructions when using equipment	That some actions or sequence of actions have a clear start and finish.	Compose a marching pathway to include a turn, linking with others and in time with music.
<ul> <li>Quarter turn – turn to face the left or right depending on instruction.</li> <li>Control – Managing the direction and speed a person or object is moving.</li> <li>Muscles – inside our body's, they help to move our bones when we move around.</li> <li>.</li> </ul>	That exercise is good for your body and helps to make muscles strong. Food gives our bodies energy so that we can move around and be active.	When working with others it is important to watch and listen to what they say and do. How to avoid people and obstacles when moving around What food should be eaten as a treat How exercise keeps us healthy	watch others work work cooperatively with others in a pair or small group. recognise and negotiate space as they move around. Talk about ways to keep healthy.



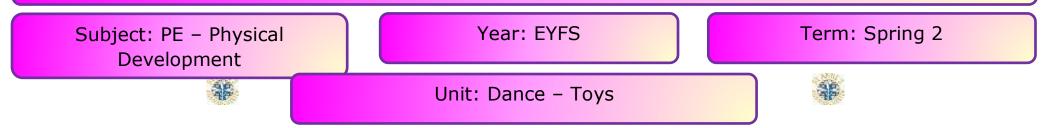
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Action – a movement that you	They can move their bodies in	How to move in different ways	copy some steps and actions with
make with your body.	different ways.	depending on the instruction or activity.	some control and co-ordination.
Speed – the rate at which	That they can link their movements		Choose my own actions based on a
someone or somethings moves (slow or fast)	and actions together.	That body movements can be combined with moments of stillness	given theme.
	That body movements can vary in	and control.	Perform a short movement phrase
<b>Direction</b> – the course along which	size, speed and can be done	That some actions or sequence of	including positions of stillness,
someone or something moves.	standing up or lower to the ground.	actions have a clear start position	whole and individual body
		and finish position.	

repeat – to do something again			movement with a clear start and
<b>a</b>	That they can relax and tense their	When working with others it is	finish.
freeze – to be still.	own muscles	important to watch and listen to what they say and do.	watch others work
Flow / Fluent – when a	You need to be aware of others as	what they say and do.	
movement links to another smoothly.	you move around a space.	How to avoid people and obstacles when moving around	work cooperatively with others in a pair or small group.
<b>Control</b> – Managing the direction and speed a person or object is moving.	That exercise is good for your body and helps to make muscles strong.	What food should be eaten as a treat	recognise and negotiate space as they move around.
<b>Muscles</b> – inside our body's, they help to move our bones when we move around.	Food gives our bodies energy so that we can move around and be active.	How exercise keeps us healthy	Talk about ways to keep healthy.
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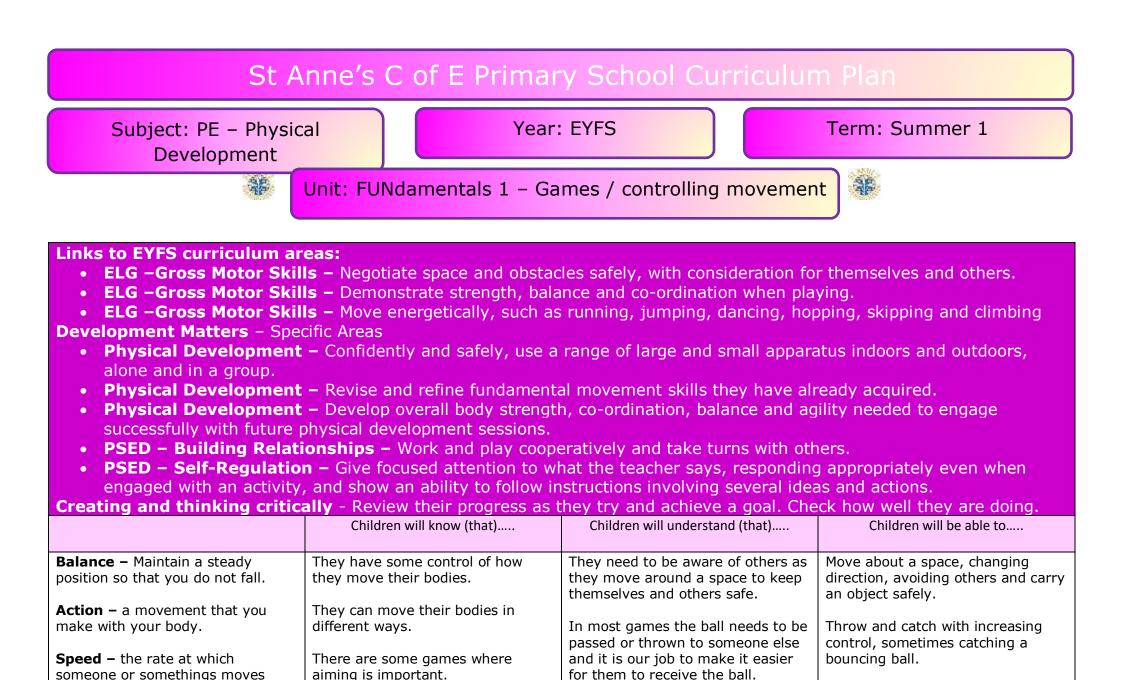
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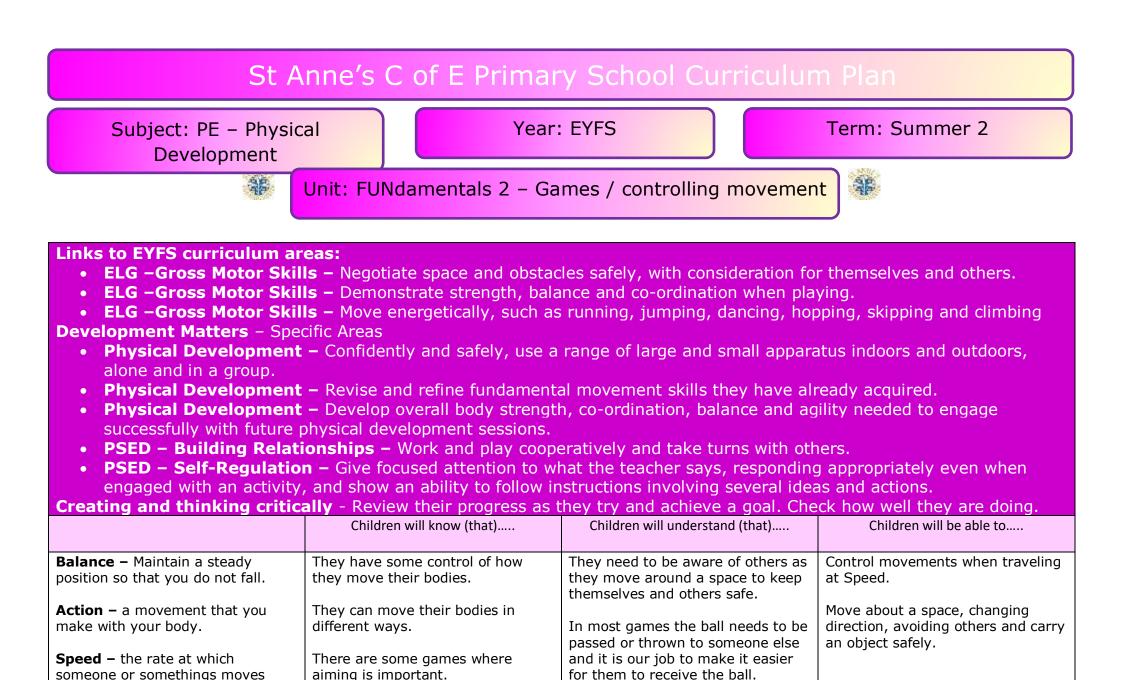
	Children will know (that)	Children will understand (that)	Children will be able to
Balance – Maintain a steady	They can move their bodies in	How to move in different ways	copy some steps and actions with
position so that you do not fall.	different ways.	depending on the instruction or activity.	some control and co-ordination.
Action – a movement that you	That they can link their movements		Choose my own actions based on a
make with your body.	and actions together.	Basic positions of stillness and basic individual body movements.	given theme.
Speed – the rate at which	That sequences of movement can		Perform a short movement phrase
someone or somethings moves	have a clear start and finish	That some actions or sequence of	including positions of stillness,
(slow or fast)	position.	actions have a clear start position	whole and individual body
		and finish position.	

<b>Direction</b> – the course along which	That movement can link to music	That others can give you ideas and	movement with a clear start and
someone or something moves.	that you hear.	suggestions on how to improve	finish.
someone or something moves		your actions.	
<b>repeat –</b> to do something again	That music can dictate the speed of		watch others work and start to give
repeat to do something again	your movement and size of your	When working with others it is	simple feedback on what you see.
<b>freeze –</b> to be still.	movements.	important to watch and listen to	simple recuback on what you see.
	movements.	what they say and do.	work cooperatively with others in a
Eleve / Elvent when a	That hady movements can yany in	what they say and do.	work cooperatively with others in a
Flow / Fluent – when a	That body movements can vary in	How to sucid people and obstacles	pair or small group.
movement links to another	size, speed and can be done	How to avoid people and obstacles	ware entry and a costicate encoder
smoothly.	standing up or lower to the ground.	when moving around	recognise and negotiate space as
<b>•</b> • • • • • • •			they move around.
<b>Control</b> – Managing the direction		What food should be eaten as a	
and speed a person or object is	That they can relax and tense their	treat	Talk about ways to keep healthy.
moving.	own muscles		
		How exercise keeps us healthy	
Muscles – inside our body's, they	You need to be aware of others as		
help to move our bones when we	you move around a space.		
move around.			
	That exercise is good for your body		
	and helps to make muscles strong.		
	Food gives our bodies energy so		
	that we can move around and be		
	active.		



(slow or fast)

	When throwing a ball you need to	When throwing a ball they need to	Dribble and kick a ball with
<b>Direction</b> – the course along which	aim for where you want it to go.	be aware of others moving around	increasing control.
someone or something moves.	ann for finere you name ie to gor	them.	
	That your body needs to face the		watch others work and start to give
Aim – the direction and place you	direction that you want the ball to	To be more accurate with throwing	simple feedback on what you see.
want the ball to go to.	, go.	a ball you need to consider where	
je na se		you want the ball to go, how hard	work cooperatively with others in a
Target – Where you want the ball	You can change how hard your	to throw it and in what direction.	pair or small group.
to land	throw a ball and this helps to make	Throw	Fr
	your throw more accurate.		recognise and negotiate space as
<b>Control</b> – Managing the direction	,	It is easier to catch a ball with two	they move around.
and speed a person or object is	You need to be aware of others as	hands.	
moving.	you move around a space.		Describe how our bodies feel when
_		How to move in different ways	we are exercising.
<b>Muscles</b> – inside our body's, they	That exercise is good for your body	depending on the instruction or	_
help to move our bones when we	and helps to make muscles strong.	activity.	Talk about ways to keep healthy.
move around.			
	Food gives our bodies energy so	When working with others it is	
	that we can move around and be	important to watch and listen to	
	active.	what they say and do.	
		How to avoid people and obstacles	
		when moving around	
		What food is good for our bodies	
		and helps us to stay healthy.	
		How exercise keeps us healthy	



(slow or fast) St Anne's C of E Primary School Curriculum Plans

	That you can throw or kick a ball to	When kicking a ball they need to be	Throw and catch with increasing
Direction – the course along which	a target.	aware of others moving around	control, sometimes catching a
someone or something moves.		them.	bouncing ball.
	That your body needs to face the		-
Aim – the direction and place you	direction that you want the ball to	That dribbling a ball means that	Experiment with two handed and
want the ball to go to.	go.	you lightly tap it with the side of	one handed catches.
	90.	your foot so that you can control its	
Accurate – the ball ends up where	When throwing or kicking a ball you	movement near to you.	Stop a ball with some control
•		movement near to you.	
you wanted it to go		This sector he set the hell with home	Cand a hall in the diverties of
	reach a target or person	hands.	another person.
	You need to be aware of others as	How to move in different ways	Often control the ball on their own.
<b>Control</b> – Managing the direction			
			watch others work and start to give
	That exercise is good for your body		
moving.		When working with others it is	simple reeuback on what you see.
	and helps to make muscles strong.		
•	5	what they say and do.	pair or small group.
move around.	that we can move around and be		
	active.	How to avoid people and obstacles	recognise and negotiate space as
		when moving around	they move around.
		_	
		What food is good for our bodies	Describe how our bodies feel when
		How exercise keeps us healthy	Talk about ways to keep healthy.
<ul> <li>You wanted it to go</li> <li>Target – Where you want the ball to land</li> <li>Control – Managing the direction and speed a person or object is moving.</li> <li>Muscles – inside our body's, they help to move our bones when we move around.</li> <li>.</li> </ul>	<ul> <li>need to think bout how hard you need to throw or kick it to make it reach a target or person</li> <li>You need to be aware of others as you move around a space.</li> <li>That exercise is good for your body and helps to make muscles strong.</li> <li>Food gives our bodies energy so that we can move around and be active.</li> </ul>	It is easier to catch a ball with two hands. How to move in different ways depending on the instruction or activity. When working with others it is important to watch and listen to what they say and do. How to avoid people and obstacles when moving around What food is good for our bodies and helps us to stay healthy.	Send a ball in the direction of another person. Often control the ball on their own. watch others work and start to give simple feedback on what you see. work cooperatively with others in a pair or small group. recognise and negotiate space as they move around. Describe how our bodies feel when we are exercising.