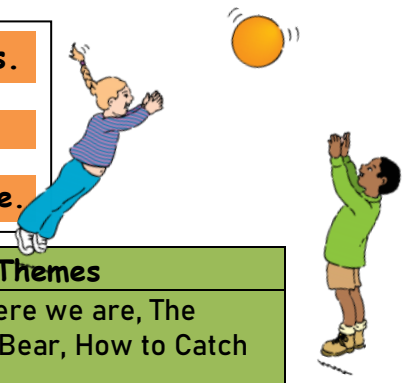


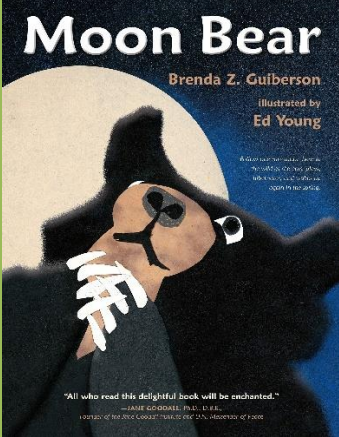
Physical Development Progression of Skills.

Todwick Primary School

Reception Progression of Skills and Knowledge.



Term	Skills	Topics/Themes
<p>Autumn 1</p>	<p>Ride and steer a 4 wheel/tricycle bike Know and talk about the different factors that support their overall health and wellbeing: - - sensible amounts of 'screen time' - having a good sleep routine. Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <div data-bbox="422 627 901 929" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Example Progression of tools to support PD: large scoops in the sand, large sand moulds and bowls, big wooden spoons, chunky chinks and crayons, thick paintbrushes, chunky tweezers</p> </div> <p><u>Real Foundations PE</u> <u>Jungle</u> Experiment with different ways of moving. Travel with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p><u>Train Adventure</u> Experiment with different ways of moving</p> <p><u>Space</u> Show increasing control over an object in throwing, catching or kicking it. Experiment with different ways of moving.</p>	<p>Texts: Here we are, The Bumble Bear, How to Catch a Star Bees Space</p> <div data-bbox="997 504 1284 817" style="text-align: center;"> </div>
<p>Autumn 2</p>	<p>Ride and steer a 4 wheel/tricycle bike Know and talk about the different factors that support their overall health and wellbeing: - 'being a safe pedestrian'. Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p><u>Real Foundations PE</u> <u>Pirate Skills</u> Stand momentarily on one foot when shown.</p>	<p>Texts: How to Catch a star, The story of the First Poinsettia Kandinsky Celebrations</p> <div data-bbox="997 1747 1364 2049" style="text-align: center;"> </div>

	<p>Show good control and coordination in large and small movements</p> <p><u>Tightrope Adventure</u></p> <p>Stand momentarily on one foot.</p> <p>Travel with confidence and skill...over...balancing equipment</p> <p>Show good control and coordination in large and small movements.</p>	
<p>Spring 1</p>	<p>Push off and balance on a two wheel scooter</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in swimming.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in dance.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <div data-bbox="368 1012 847 1308" style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Example Progression of tools to support PD: variety of sized scoops in the sand, large sand moulds and bowls, different sized metal spoons, hole punches, chunky needle and threads, medium paintbrushes</p> </div> <p><u>Real Foundations PE</u></p> <p><u>Real Gym</u></p> <p>Learn star and tuck shapes</p> <p>Explore star, tuck and straight shapes using low apparatus</p> <p>Explore star, tuck and straight shapes using large apparatus</p> <p>Learn travelling movements on feet</p> <p>Explore travelling movements on feet using low apparatus (avoiding obstacles)</p> <p>Explore travelling movements on feet using large apparatus (avoiding obstacles)</p>	<p>Texts: Moon Bear</p> <p>Chinese Dragon/Lion Dance</p>  <p>Moon Bear</p> <p>Brenda Z. Guiberson</p> <p>Illustrated by Ed Young</p> <p><small>"All who read this delightful book will be enchanted."</small></p> <p><small>—JANE BIRDWELL, Ph.D., L.M.A.,</small></p> <p><small>author of "The Book of the Year" series, L.M.A.,</small></p> <p><small>author of "The Book of the Year" series, L.M.A.,</small></p>

Spring 2

Push off and balance on a two wheel scooter
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in swimming.
Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating.
Develop their small motor skills so that they can use a range of tools competently, safely and confidently.

Real Foundations PE

Juggling

Shows increasing control over an object in pushing, patting, throwing, catching, aiming or kicking it.

Can catch a large ball.

Show good control and coordination in large and small movements.

Seaside

Experiment with different ways of moving.

Travel with confidence and skill around, under, over and through balancing and climbing equipment.

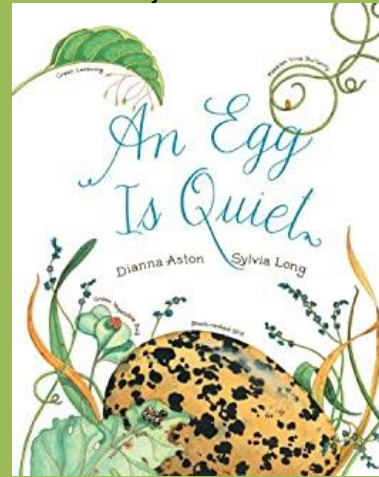
Move confidently in a range of ways, safely negotiating space.

Texts: An Egg is Quiet, The Scarecrow's Wedding

Farms

Spring

Local study



Summer 1

Push off with feet and balance on a balance bike when feet are off the floor
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in swimming.
Develop their small motor skills so that they can use a range of tools competently, safely and confidently.

Example Progression of tools to support PD: small sized scoops in the sand, thimbles, teaspoons, hole punches, chunky needle and threads, fine paintbrushes, real cutlery

Real

Foundations PE

Clown

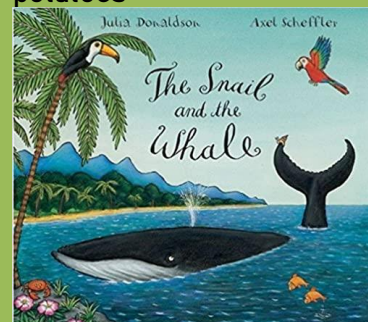
Show good control and coordination in large and small movements.

Texts: The Snail and the Whale

Sea

Environmental Issue-
Plastics

David Attenborough
Growing Pumpkins and
potatoes



	<p>Move confidently in a range of ways, safely negotiating spaces.</p> <p><u>Fairy Tale</u></p> <p>Can catch a large ball.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching, aiming or kicking it.</p> <p>Show good control and coordination in large and small movements.</p>	
<p>Summer 2</p>	<p>Push off with feet and balance on a balance bike when feet are off the floor</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully in swimming.</p> <p>Know and talk about the different factors that support their overall health and wellbeing: - 'toothbrushing'.</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p><u>Real Foundations PE</u></p> <p><u>Squirrel</u></p> <p>Can catch a large ball.</p> <p>Shows increasing control over an object in pushing, patting, throwing, aiming or kicking it.</p> <p>Children show good control and coordination in large and small movements.</p>	<p>Texts: The Bog Baby, Floella Benjamin- Coming to England Mini-beasts Monet Growing Pumpkins and potatoes</p> 