

GROSS MOTOR SKILLS		
<p><b>Three- Four Years</b></p> <ul style="list-style-type: none"> <li>. Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. PD.3-4</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet. PD.3-4</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues. PD.3-4</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>. Start taking part in some group activities which they make up for themselves, or in teams. PD.3-4</li> </ul> <p><b>DANCE-</b> Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. PD.3-4</p> <ul style="list-style-type: none"> <li>. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. PD.3-4</li> <li>. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. PD.3-4</li> <li>• Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. PD.3-4</li> </ul>	<p><b>Reception</b></p> <ul style="list-style-type: none"> <li>. Revise and refine the fundamental movement skills they have already acquired: - rolling- crawling - walking - jumping - running - hopping - skipping – climbing. PD.REC</li> <li>. Progress towards a more fluent style of moving, with developing control and grace. PD.REC. (balance, stillness, climb higher, fun further)</li> <li>. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. PD.REC. (slide, bounce, rock, spin, tilt, fall, wheeled toys and bikes)</li> <li>. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. PD.REC</li> <li>. Combine different movements with ease and fluency. PD.REC (obstacle courses- change speed/ direction)</li> <li>. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. PD.REC</li> <li>. Develop overall body-strength, balance, co-ordination, and agility. PD.REC</li> </ul> <p><b>GAMES.</b> Further develop and refine a range of ball skills, including throwing, catching, kicking, passing, batting, and aiming. PD.REC</p> <p><b>GAMES-</b> Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. PD.REC</p>	<p><b>Gross Motor skills- ELG .</b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. GMS. ELG</p> <ul style="list-style-type: none"> <li>• Demonstrate strength, balance and coordination when playing. GMS. ELG</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. GMS. ELG</li> </ul>

Ash Class PE Coverage over the year: 21 Pupils

<b>Running, Jogging and skip</b>	Jog with knees up on the spot.	Jog in a straight line and change direction. Hold good posture and balance.	Run/sprint in a given direction for different purposes E.g., chasing or retrieval. (Not straight line)	Run in a straight line. Skip with alternate feet.	Run/Sprint in a straight line and change direction. Shuttle Run.	Travel at differing speeds on command or need. Select the appropriate speed, pace and distance for running.	
<b>Throwing</b>	Explore throwing different objects and items. Light items fall more slowly e.g scarves, bubbles, beach balls.	Throw large balls and beanbags overarm.	Throw large balls to a partner with a short distance and to large targets.	Throw smaller balls and bean bags overarm.	Throw small balls to a partner with a short distance and to smaller targets e.g. a bucket or net.	Increase the distance for throwing to a person/ target. Increase the speed that the balls travels when throwing to others. Travel/ move and throw the ball.	
<b>Catching</b>	Explore throwing different objects and items. Light items fall more slowly e.g scarves, bubbles, beach balls - Use these first.	Catch a large soft ball in two hands. Cradle ball into chest. <b>Individual.</b>	Catch a large soft ball in the palms of hands and fingers Cradle into chest. <b>Individual.</b>	Catch larger balls when throwing and catching with a partner from short distances. <b>Pair/ Group work</b>	Catch smaller balls, beanbags and equipment in two hands. Cradle to the chest.	Drop catch smaller balls after bouncing on the floor. Catch with one hand.	Increase the distance for catching and speed ball is travelling. Increase accuracy.
<b>Rolling</b>	Roll balls and equipment over and around body without dropping.	Roll large balls and equipment e.g. tyres to large targets.	Roll <u>large</u> balls to a friend / cones/ skittles along the floor - short distance.	Increase the rolling distance to the target.	Roll <u>small</u> balls to a friend / cones/ skittles along the floor - short distance.	Increase the rolling distance to the target.	
<b>Bat and striking</b>	Hold a bat or racquet correctly.	Travel with an object balanced on a bat- one handed.	Swing a bat or racquet correctly and safely.	Use a bat or racquet to hit a <u>large</u> target on a stand.	Use a bat or racquet to hit a <u>small ball</u> on a stand.	Use a bat or racquet to hit a slow, moving ball.	
<b>Balance Bounce</b>	Balance equipment on body parts e.g. palm of hand, back, shoulder, bent elbow.	Bounce a large ball off the floor and catch with two hands. Balance an egg on a spoon - Static-2 hands.	Bounce a small ball off the floor and catch with two hands. Balance an egg on a spoon - Two hands.	Bounce a large ball off the floor and catch with one hand. Egg on a spoon - one handed. Short distance.	Bounce a small ball off the floor and catch with one hand. Egg on a spoon - one handed. Longer distance.	Bounce a large ball against a wall and catch/ with a partner. Bounce in the middle. Egg on a spoon - one handed. Increase speed	Bounce a small ball against a wall and catch/ with a partner. Bounce in the middle.