



PE-Sticky Learning

At Lons, we will be taking part in the following PE sessions:						
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Athletics	Dance	Gymnastics	Invasion games	Orienteering	Striking and Fielding	
Tai Chi (KS1)	Tai Chi (KS1)	Tai Chi (KS1)	Tai Chi (KS1)	Tai Chi (KS1)	Tai Chi (KS1)	

Reception	Physical Development					
	<p>Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practice of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.</p>					
		3 & 4 year olds will be learning to:	Children in Reception will be learning to:	By the end of Reception – Early learning Goal.		
Expressive Art and Design	<ul style="list-style-type: none"> Respond to what they have heard, expressing their thoughts and feelings. 	<ul style="list-style-type: none"> Listen attentively, move to and talk about music, expressing their feelings and responses. Watch and talk about dance and performance art, expressing their feelings and responses. Explore and engage in music making and dance, performing solo or in groups 	Being Imaginative and Expressive <ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and – when appropriate try to move in time with music. 			



	Physical Development	<ul style="list-style-type: none">• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.• Go up steps and stairs, or climb up apparatus, using alternate feet.• Skip, hop, stand on one leg and hold a pose for a game like musical statues.• Use large-muscle movements to wave flags and streamers, paint and make marks.• Start taking part in some group activities which they make up for themselves, or in teams.• 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.	<ul style="list-style-type: none">• Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing• Progress towards a more fluent style of moving, with developing control and grace.• 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.• Combine different movements with ease and fluency.• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.• Develop overall body-strength, balance, co-ordination and agility• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.	Gross Motor Skills <ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others.• Demonstrate strength, balance and coordination when playing.• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing
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- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

Sticky Vocabulary

Run Walk Jump Hop Skip Crawl	Rhythm	Travel Balance Roll Jump	Team Win Lose Throw Catch Kick Pass Dribble	Map Beanbag Cone Quoit Hoop Run Teamwork	Bat Aim Underarm Bowler Target
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Sticky Skills

<u>Athletics</u> Throw different sized objects for distance. Start and finish in a team race. Take part in an athletics event..	<u>Dance</u> Move in different ways. Move at different levels. Perform our moves.	<u>Gymnastics</u> Travel on the floor and along apparatus. Solo balance and with a partner. Perform a log roll or tuck roll.	<u>Invasion</u> Take part in an invasion game. Dribble the ball in different ways. Pass the ball in different ways. Receive the ball in different ways against my body.	<u>Orienteering</u> Read a simple map. Work with a small team to problem solve. Solve a problem linked to a specific task.	<u>Striking and fielding</u> Intercept a moving ball from the floor with two hands whilst stationary. Strike a stationary ball towards a target. Underarm bowl a ball from a stationary position. Play a striking and fielding match.
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Sticky Knowledge

<u>Athletics</u> Running is faster than walking. Jumping, hopping and skipping are	<u>Dance</u> Exercise has an effect on the body.	<u>Gymnastics</u> A sequence is a series of movements together.	<u>Invasion Games</u> You can control the ball my dribbling it.	<u>Orienteering</u> A map is a representation is an area.	<u>Striking and fielding</u> A striking and fielding game has rules. A bowler throws the ball.
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	different way of moving. Team races have rules.	The body has different parts I can move. You can move in time to happy and sad music.			A successful team player takes turns.	Stationary means not moving.
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Key Stage 1 National Curriculum Objectives

Pupils should develop fundamental movement skills, becoming increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and cooperative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement pattern

Sticky Vocabulary

Year 1	<u>Athletics</u>	<u>Dance</u>	<u>Gymnastics</u>	<u>Invasion</u>	<u>Orienteering</u>	<u>Striking and fielding</u>
	Run Walk Jog Turn taking Race Team	Stepping Skipping Jumping Movement Travel Level Perform	Teddy Bear roll Apparatus Mirroring Mirror balance Sequence Straight Star Tuck Straddle	Team Referee Target Rules Control Dribble Shoot	Key Picture Symbol Course Co-operation	Control Win Lose Underarm throw Bowl Strike Field Target



Sticky Skills					
<p><u>Athletics</u></p> <p>Throw different sized objects for distance and height. Take part effectively in an athletics event. Jump for distance and height.</p>	<p><u>Dance</u></p> <p>Move in time to music. Perform dance movements at different levels. Perform basic dance travelling movements.</p>	<p><u>Gymnastics</u></p> <p>Travel in different ways and put them into a short sequence. Demonstrate mirror balances with a partner. Demonstrate a log roll, tuck roll and teddy bear roll.</p>	<p><u>Invasion</u></p> <p>Take part in an invasion game and try to win. Dribble the ball in different ways with control. Pass the ball in different ways with accuracy. Receive a ball in different way away from the body.</p>	<p><u>Orienteering</u></p> <p>Read a basic map, understanding the key. Work in a team to problem solve a specific task and evaluate how successful the team was. Demonstrate what makes a successful team player.</p>	<p><u>Striking and fielding</u></p> <p>Intercept a moving ball from the floor with two hands whilst moving towards it. Strike a rolling ball towards a target. Underarm bowl a ball towards a target. Play a striking and fielding match.</p>
Sticky Knowledge					
<p><u>Athletics</u></p> <p>Running, jogging and walking are different movements. Turns need to be taken quickly in a team race.</p>	<p><u>Dance</u></p> <p>The more energy we use, the more we have to replace. The body is made up of muscles and bones. You can listen to music and move in time to it.</p>	<p><u>Gymnastics</u></p> <p>A sequence includes different shapes using equipment. When we land, we must bend our knees.</p>	<p><u>Invasion</u></p> <p>An invasion game has rules. An invasion game has two teams. Each team wants to win during an invasion game.</p>	<p><u>Orienteering</u></p> <p>A compass has 4 points. A map has a key. Orienteering is more successful when working as a team.</p>	<p><u>Striking and fielding</u></p> <p>Striking and fielding games have rules. When batting the ball, hit into a space. When you stop the ball, you need your hand open.</p>



Sticky Vocabulary						
Year 2	<p><u>Athletics</u></p> <p>Accelerate Decelerate Team Race</p>	<p><u>Dance</u></p> <p>Sliding Turning Gesturing</p>	<p><u>Gymnastics</u></p> <p>Pike Counter balance Egg roll Landing position</p>	<p><u>Invasion</u></p> <p>Accuracy Left Right Speed</p>	<p><u>Orienteering</u></p> <p>Plan Birds eye view</p>	<p><u>Striking and fielding</u></p> <p>Distance Accuracy Speed Height Shoot Receive Aim</p>
	Sticky Skills					
	<p><u>Athletics</u></p> <p>Throw an object with accuracy. Compete in an athletics event and try to win. Take turns swapping an object in a team race.</p>	<p><u>Dance</u></p> <p>Perform dance movements with control. Perform dance movements showing a variety of levels. Perform dance movements showing travelling in different directions. Perform and remember simple dance steps with control and in time to the music.</p>	<p><u>Gymnastics</u></p> <p>Jump in different ways whilst still maintaining the correct landing position. Demonstrate a basic log roll, tuck roll, teddy bear roll and egg roll. Demonstrate matching, mirroring and counter-balances with a partner. Make different shapes including a straight, star, tuck, straddle and pike.</p>	<p><u>Invasion</u></p> <p>Dribble using left and right hands/feet. Compete showing effective ball control without pressure in an invasion game. Receive a ball from different heights and distances. Shoot in different ways over different distances.</p>	<p><u>Orienteering</u></p> <p>Use and follow a map of the school which includes a key, symbols, compass points. Work as a team to problem solve a specific task, evaluate and make suggestions on how to improve. Take the lead in the role of team captain.</p>	<p><u>Striking and fielding</u></p> <p>Perform a stationary underarm throw with accuracy. Strike a bouncing ball towards a target. Underarm bowl a ball with accuracy most of the time. Play a striking a fielding match. Intercept a moving ball from the floor with one hand whilst stationary.</p>



Sticky Knowledge

Athletics

Accelerating is going faster.
Decelerating is going slower.
Swinging my arms and legs makes me jump further.

Dance

You can move in time to the music, showing some expression.
Movements can be put together to create a simple dance.

Gymnastics

Movements can have start and finishing positions.
You can jump in different ways, but maintain the correct landing position.

Invasion

Balls can be dribbled using left and right feet.
Passing can be done with speed and accuracy.
You need to hit the ball harder for it to go further.

Orienteering

A map is a representation of an area and includes key, pictures, symbols and is birds eye view.

Striking and fielding

Striking and Fielding games have rules that should be followed.
We throw to the chest area for an easier catch.
When you throw the ball, the opposite arm is used to aim. It is called your aiming arm.