

## Physical Development Reception Unit

### Learning Objectives

The children will be given many opportunities for physical development. Their efforts are carefully guided by staff and lots of positive praise and reinforcement is given. It is hoped the children will be able to:

- Begin to move with confidence, imagination and in safety.
- Move with control and co-ordination.
- Show awareness of space, of themselves and of others.
- Recognise the importance of keeping healthy
- Eat a healthy diet
- Experiment with and use safely, a range of small and large equipment.
- Handle tools, objects, construction and malleable materials safely and with increasing control
- Develop fine and gross motor control.
- To work within the ethos of the school

### Activities

Daily free play sessions- inside and outside  
pushing pram, dressing dolls in home corner, use of playdough, cutters and modelling tools, water- pouring, sand – pouring, sifting, building , use of construction kits, jigsaws, threading, peg and peg board activities, lacing cards, fuzzy felts, painting, cutting and sticking, drawing, small world play, home corner, dressing up clothes, playdough.

Daily on playground  
Playing with friends running games, chase etc  
Climbing on jungle climber and other climbing frames  
games using imagination or adult led.  
free play on small apparatus eg. climbing frame and playground markings eg. Hopscotch.

Action songs and games using different parts of the body eg. “If you’re happy and you know it,” “Head, shoulders, knees and toes,” “The grand old duke of York.”  
Use of Wiggle Waggle and Let’s Move programmes responding appropriately to music using different movements.  
PE lessons where the children explore large and small apparatus  
Balls of different shapes and sizes  
Rolling and Receiving.  
Passing the ball around different body parts.  
Patting and bouncing the ball.  
Throwing and catching.  
Aiming activities  
Kicking and dribbling the ball  
Pushing ball along with hand and bat.  
Passing ball around body.

Balancing ball on bat.  
Hitting ball along ground with bat.  
Throwing and catching small ball.  
Using hoops :  
Stepping in and out / jumping over.  
Hoola hoop round body parts.  
Rolling hoops along ground.  
Using quoits and bean bags:  
Balancing, twirling, rolling, spinning.  
Throwing and catching.  
Passing round body.  
Aiming games.  
Body shape- stretching, rolling, curling, jumping, landing and balancing and consolidation of skills gained over the year.  
Link several movements together to make patterns and extend to apparatus- hoops, mats and benches.  
Practice and participate in races for Sports day at end of term.  
Swimming – swim daily when possible- develop confidence in water- move from one side of pool to the other, leave bar, kick legs

Link to other curriculum areas:

Creative development- handling tools and equipment appropriately in cutting sticking, collage painting and drawing tasks, using construction kits to build objects and make structures.

Writing- holding pencil correctly and using to begin to write names and make marks on paper.

Starting to form letters correctly using the correct orientation.

Mathematical development- threading beads, moving and counting pegs, cubes, jigsaws.

Knowledge and understanding of the world- using equipment appropriately in cooking activities, science-making instruments and investigating different ways they can be used to make sounds,

Making playing instruments and exploring ways in which they can be played.

I.T.-use of mouse and keyboard with various software.

### **Differentiation**

Pupils to develop skills at individual levels throughout year with appropriate adaptation of activities and adult support and intervention as required.

## **Assessment**

Progress towards foundation stage early learning goals to be recorded on Norfolk Foundation Stage assessment document.

Achievements and comments to be noted on pupils individual personal and social records.

## **Resources**

Bean bags

Balls- medium sized and small

Hoops

Quoits

Bats

Mats

Benches

Playground apparatus

Writing materials

Art and craft materials

Cooking equipment

Construction kits

Jigsaws

Lacing cards

Pegs and boards

Fuzzy felt

Beads and laces

Dough

Sand

Water

Let's Move radio programme

Computer and software

Swimming pool and swimming aids

Percussion instruments