

National Curriculum:

This unit links to the following strands of the EYFS:

Gross motor skills

Subject: PE Fundamentals

Context:

In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.

Prior Knowledge:

I am beginning to negotiate space safely.

I am beginning to take turns with others.

I am building my confidence to try new challenges.

I can explore movement skills, beginning to demonstrate balance and co-ordination when playing games.

I follow instructions with support.

I play games honestly guided by rules with support.



Sticky Knowledge:

I am confident to try new challenges.

I can negotiate space safely with consideration for myself and others.

I follow instructions involving several ideas or actions.

I play co-operatively, take turns and encourage others.

I play games honestly with consideration of the rules.

I use movement skills with developing balance and co-ordination when playing games.

Key Vocabulary:

Challenge

Cooperatively

Encourage

Games

Movement

Skills

Balance

Coordination

Stopping

Stationary



Get Set 4
Education

Lesson focus

LESSON 1 Theme: body parts

To develop balancing whilst stationary and on the move.

LESSON 2 Theme: feelings

To develop running and stopping.

LESSON 3 Theme: our senses

To develop changing direction.

LESSON 4 Theme: ways we look after ourselves

To develop jumping and landing.

LESSON 5 Theme: my favourite things

To develop hopping and landing with control.

LESSON 6 Theme: it's good to be me

To explore different ways to travel.

Skills:

- Physical: balance, run, jump, hop, change direction
- Social: support others, work safely, take turns
- Emotional: honesty, determination
- Thinking: decision making, comprehension, select and apply