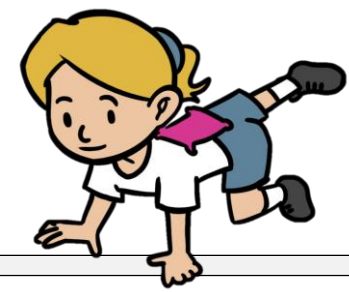


# Reception PE Skills Organiser Autumn



## INTRODUCTION TO PE

### FANTASY & ADVENTURE

#### Learning summary

The children are introduced to the principles of PE, learn to work in different ways, independently, in pairs and in groups, and participate in activities that develop movement.

#### Physical skills

- Moving safely and sensibly in a space
- Stopping safely and with control
- Using equipment safely and responsibly
- Using different travelling actions whilst following a path
- Following and copying a partner
- Leading a partner

#### Social, emotional and thinking skills

- Being aware of others (social)
- Working cooperatively and playing as a group (social)
- Perseverance in learning new skills (emotional)
- Confidence in my own movement (emotional)
- Leading creatively (thinking)
- Selecting and applying actions (thinking)

## FUNDAMENTALS

### ALL ABOUT ME

#### Learning summary

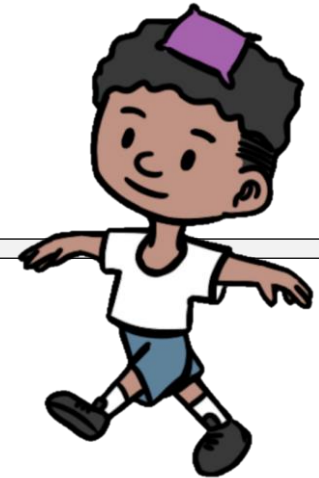
The children will work independently and in groups to develop the skills of balancing, running, changing direction, jumping, hopping and travelling, as well as how to stay safe.

#### Physical skills

- Balancing whilst stationary and on the move
- Running and stopping
- Changing direction
- Jumping and landing with control
- Hopping and landing with control
- Exploring different ways to travel

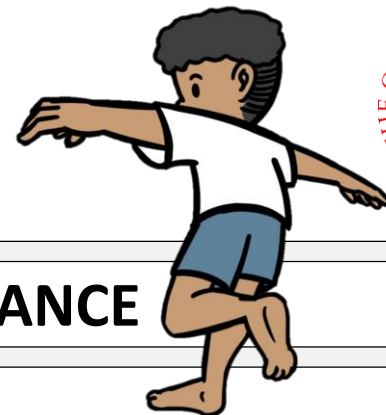
#### Social, emotional and thinking skills

- Working safely (social)
- Helping others (social)
- Challenging myself (emotional)
- Determination (emotional)
- Making decisions about how I move (thinking)
- Selecting and applying actions (thinking)





**Reception  
PE Skills Organiser  
Spring**



**GYMNASTICS**

**DANCE**

**ANIMALS AND HABITATS**

**EVERYDAY LIFE**

**Learning summary**

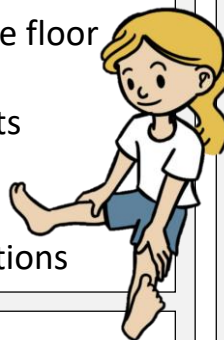
The children explore movement, creating shapes, balances and jumps and repeating short sequences. On the floor and apparatus, they vary their travel and direction.

**Learning summary**

The children develop expressive movement, exploring space, travelling movements, shapes and balances, as well as choosing their own actions in response to a stimulus.

**Physical skills**

- Copying and creating shapes with the body on the floor
- Creating shapes whilst on apparatus
- Balancing and taking weight on different body parts
- Jumping and landing safely
- Developing rocking and rolling
- Copying and creating short sequences, linking actions



**Physical skills**

- Using counts of 8 to know when to change action
- Exploring different body parts and how they move
- Copying, remembering and repeating actions
- Communicating ideas through movement
- Changing direction and level
- Moving with control and coordination

**Social, emotional and thinking skills**

- Taking turns (social)
- Cooperation with others (social)
- Listening and following (social/thinking)
- Building my confidence (emotional)
- Determination to succeed and improve (emotional)
- Selecting actions to create shape and sequence (thinking)

**Social, emotional and thinking skills**

- Listening and focus (social/thinking)
- Cooperating with others (social)
- Working independently (emotional)
- Confidence in my movements (emotional)
- Counting to the music or beat (thinking)
- Creating actions and movements (thinking)



# Reception PE Skills Organiser Summer



## BALL SKILLS

### BALL GAMES

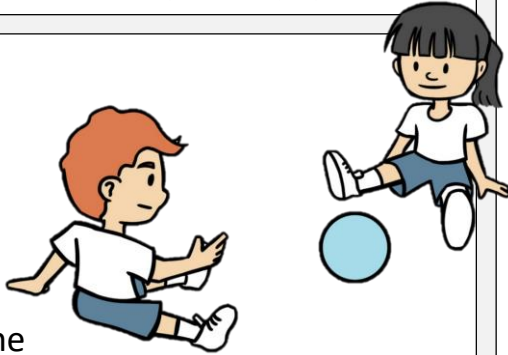


#### Learning summary

The children practise simple activities to develop ball skills – rolling and receiving, throwing to a target, bouncing and catching, dribbling, kicking – and use a range of equipment

#### Physical skills

- Rolling a ball to a target
- Stopping a rolling ball
- Throwing towards a target
- Bouncing and catching a ball
- Dribbling a ball with the feet
- Kicking a ball as part of a game



#### Social, emotional and thinking skills

- Co-operation with classmates (social)
- Supporting others (social)
- Honesty in games (emotional)
- Perseverance in getting better (emotional)
- Thinking an action through before performing (thinking)
- Learning game rules (thinking)

## GAMES

### HOW TO PLAY GAMES WITH OTHERS

#### Learning summary

The children practise and movement skills through games, learn how to score and play by the rules, how to work with a partner and begin to understand what a team is.

#### Physical skills

- Running and stopping within games
- Throwing within a game
- How to play tagging games
- Using a range of game equipment
- Taking a specific role within a game
- Moving effectively within a game



#### Social, emotional and thinking skills

- Taking turns (social)
- Cooperating with and supporting others (social)
- Working as part of a team (social)
- Honesty and fair play within games (emotional)
- Learning how to win well and lose well (emotional)
- Learning games rules and keeping score (thinking)