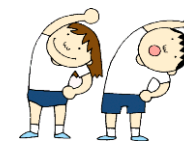


KEY SKILLS / KNOWLEDGE IN PE



	CUBS (22-36m)	BEARS (30-50m)
AUT 1	<ul style="list-style-type: none"> Use balance blocks and bikes Awareness of others Respond to STOP 	<ul style="list-style-type: none"> Move freely in different ways Develop greater spatial awareness
AUT 2	<ul style="list-style-type: none"> Balancing- holding adults hands on balance blocks. Moving more freely, forwards and backwards, swaying. Bending down using furniture to pull themselves up. Jumps – holding hands – one foot to two feet. Holds hands to swing foot to kick a ball. Throwing a ball or bean bag in any direction. MH- up and down movements and guidance to make circles with mark making tools. 	<ul style="list-style-type: none"> Understanding safety rules in PE (Gymnastics focus). Listen to and follow instructions – to STOP. Balance without falling on stepping stones and on one foot. Be able to move bodies to music. Squatting confidently. Jumps -two foot to two feet. Kicks a ball. Throwing and catching a large ball with two hands. Be able to use their bodies to create different shapes. MH- zig zags and up and over arches, loops and across -movements more independently.
SPR 3	<ul style="list-style-type: none"> Balancing- holding adults hands on balance blocks. Moving more freely, forwards and backwards, swaying. Bending down using one adult hand to stand back up . Jumps – holding hands – one foot to two feet. Less support needed to swing foot to kick a ball. Throwing a ball or bean bag forward. MH- circles, arches and side to side movements. 	<ul style="list-style-type: none"> PE (Dance focus). Listen to and follow instructions – to STOP. Express themselves using movement and dance in response to music. Be able to move forwards, backwards, high and low. Begin to understand why exercise is important and what might happen if we don't exercise. Balancing on one foot with less support. Squatting confidently. Jumps -two foot to two feet. Kicks a ball in a direction. Throwing and catching a smaller ball with two hands. MH- trace and begin to copy: zig zags, up and over arches, loops and across more independently.
SPR 4	<ul style="list-style-type: none"> Balancing- holding one adults hand on balance blocks. Moving to music – clapping, copy actions. Bending down using one adult hand to stand back up . Jumps –less support -one foot to two feet. Less support needed to swing foot to kick a ball. Throwing a ball or bean bag forward. Catching with two hands – support needed. MH- zig zags and up and over arches -movements. 	<ul style="list-style-type: none"> Parachute games, use equipment safely, listen well. Begins to be aware of exercise on their body and begin to understand why exercise is important and what might happen if we don't exercise. Say 'hot' 'tired' MH- trace and begin to copy: zig zags, up and over arches, loops and across more independently.
SUM 5	<ul style="list-style-type: none"> Balancing- more independently on balance blocks and outdoor balance bridge. Moving to music – clapping, copy actions. Squatting more independently. Jumps -two foot to two feet. Kicks a ball. Throwing and catching a large ball with two hands. MH- zig zags and up and over arches, loops and across -movements. 	<ul style="list-style-type: none"> PE focus: Games. Be able to throw and catch a large ball. Aware of the effects of activity on their bodies. Begin to understand why exercise is important and what might happen if we don't exercise. Say 'hot' 'tired' MH- copy: zig zags, up and over arches, loops re trace vertical lines, anti clock wise movements more independently.
SUM 6	<ul style="list-style-type: none"> Being aware of personal safety when using physical equipment. Run skilfully and can STOP. Balance without falling on stepping stones and on one foot. Be able to move bodies to music. Squatting confidently . Jumps -two foot to two feet. Kicks a ball. Throwing and catching a large ball with two hands. MH- zig zags and up and over arches, loops and across -movements using ribbons, pastels, whiteboard pens. 	<ul style="list-style-type: none"> Sports day – Games /Gymnastics – jumps off apparatus more confidently and lands appropriately, bending knees and putting hands out in front. Balance more steadily. Moves freely in a range of different ways; jump, hop and begin to skip. Throw and catch a smaller ball more confidently. Begin to understand why exercise is important and what might happen if we don't exercise. Say 'hot' 'tired' MH- copy: zig zags, arches, loops, re trace vertical lines, anti clock wise movements independently.