

Reception

Learning Opportunities: Physical Development

Language Development	Key Vocabulary			
- It is my turn when... - Together we can... - I can use my hands/feet/etc to... - I need to try that again...	Jump	Safely	Run	Space
	Balance	Hop	Skip	Stop
	Direction	Tag	Score	Catch
	Rules	Travel	Rock	bounce

Next Step Prompt Questions
- Can I use movement skills with developing balance and co-ordination? - Can I make independent choices? - Can I follow instructions involving several ideas or actions? - Can I negotiate space safely with consideration for myself and others? - Can I demonstrate balance? - Can I play co-operatively and take turns with others? - Can I combine movements together fluently? - Can I perform in front of others? - Can I safely use large and small objects? - Can I send and receive a ball in different ways? - Can I remember the rules? - Can I improve my performance?

Environment Checklist				Book suggestion
Mats	Balls	Hoops	Benches	- Peppa Pig: Sports Day – Ladybird - Maisy's Sports Day – Lucy Cousins - Hippo's High Dive – Damien Harvey
Skipping ropes	Music	Cones	Wall bars	
Bands	Rings	Bats	Hurdles	
Ladders	Tables	Bibs	Flags	



Before Reception, I have had the opportunity to...
- Develop my 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.

Key Skills
Moving safely, Running, Jumping, Throwing, Catching, Following a path, Climbing, Skipping, Rolling a ball, Stopping a rolling ball, Throwing at a target, Bouncing a ball, Dribbling a ball with, feet, Kicking a ball, Sliding, Galloping, Changing direction, Balancing, Travelling, Coordination, Copying and performing actions