



## Subject knowledge bank

**Topic area:** Physical development: Gross motor skills

**Focus:** Introduction to PE Unit 1

- To move safely and sensibly with consideration of others
- To develop moving safely and stopping with control
- To use equipment safely and responsibly
- To use different travelling actions whilst following a path
- To work with others co-operatively and play as a group
- To follow, copy and lead a partner

**ELG:** Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and co-ordination when playing
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

**Development matter statements:**

**Children in Reception will be learning to:**

- Revise and refine the fundamental movement skills they have already required: rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming

**Key vocabulary**

Space - a safe place where I am alone, not touching anyone else or anything

Follow - to travel behind another person

Team - a group of players who form a side

**Key knowledge**

- That a safe space is away from anyone or anything
- To avoid bumping into someone, I need to stop and change direction
- To stay safe, I need to look for space away from others and look in the direction I am travelling
- To stop safely I take little steps
- To balance I need to hold my arms out to the sides and look straight in front
- When following someone I need to keep a gap between myself and the person in front