



Subject knowledge bank

Topic area: Physical development: Gross motor skills

Focus: Fundamentals Unit 1

- To develop balancing whilst stationary and on the move
- To develop running and stopping
- To develop changing direction
- To develop jumping and landing
- To develop hopping and landing with control
- To develop different ways to travel

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

Jump - to push(spring) your body into the air using your legs

Hop - to jump upwards or in other directions on one foot

Skip - to move by stepping from one foot to the other with a skip or a bounce.

Key knowledge

- To balance hold your arms out wide, look forward at something still and squeeze your muscles to make your body tense
- Use big steps to run and small steps to stop. Bend your knees to help you stop
- To change direction, bend your knees and push off in the opposite direction, turn your body to face a new direction, use small steps to help you change direction
- When jumping bend your knees to jump, land and stop yourself from falling over, look straight ahead and keep your chest up
- When hopping bend your knees when landing, keep your head up, squeeze your muscles to balance