



## Physical development/Expressive arts - Subject knowledge bank

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

Expressive Arts and design - Being imaginative and Expressive

**Focus:** Dance: Unit 1

- To explore different body parts and how they move
- To explore different body parts and how they move and remember and repeat actions
- To express and communicate ideas through movement exploring directions and levels
- To create movements and adapt and perform simple dance patterns
- To copy and repeat actions showing confidence and imagination
- To move with control and co-ordination, linking, copying and repeating actions

**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
- Watch and talk about performance art, expressing their feelings and responses

**Key vocabulary**

Shape - the position the body takes in space eg angled, curved, straight, high, low

Forwards - moving in the direction you are facing

Backwards - moving in the opposite direction to which you are facing

**Key knowledge**

- When jumping I need soft bent knees to take off and to land
- I need to listen to the speed of the song to try to keep in time and an even beat
- When I twist my body, I need to keep my feet in the same position
- When I watch my friends perform I need to sit quietly while watching and clap at the end of the performance. I need to be respectful when feeding back



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- When I bounce on the spot I need my feet together and soft knees
- I can make my dance more interesting by using lots of space and exploring different levels and body parts.