



Physical development Subject knowledge bank

Topic area: Physical development: Gross motor skills - Games
Focus: Games <ul style="list-style-type: none">• To work safely and develop running and stopping• To develop throwing and learn how to keep score• To be able to play games showing an understanding of the different roles within it• To follow instructions and move safely when playing tagging games• To work co-operatively and learn to take turns• To work with others to play team games
ELG: Children at the expected level of development will: <ul style="list-style-type: none">• 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: <ul style="list-style-type: none">• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group• Develop overall body-strength, balance, co-ordination and agility• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming• 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 Throw - to move your arm quickly and let go of an object so that it moves through the air Catch - to seize an object moving through the air with your hands
Key knowledge <ul style="list-style-type: none">• When moving safely keep your head up and look for space• To stop quickly use smaller steps• To hit a target, make your fingertips point towards the target and finish with your hand pointing at it• To play games I must listen carefully to instructions• When playing tag games, I need to change direction to avoid others• When I tag someone I gently touch them on the arm or back• When racing as a team I have my turn and move to the back of the line• When racing as a team I tag the next person in my team before they can go



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