

Tickhill Estfeld School
Reception - PE Teaching Sequence 2022-23

Reception				
Autumn Term 1			Autumn Term 2	
Lesson	Games: Unit 1	Football/Ball Skills 1	Dance: Unit 1	Fundamentals/Multi Skills 1
1	<p>LO: Theme: cars - to work safely and develop running and stopping</p> <p>SC: Take small steps to help you to stop</p> <p>Travel in your own safe space</p>	<p>LO: Theme: beetles - To develop rolling a ball to a target</p> <p>SC: Bend down low and step forwards when you roll the ball</p> <p>Point your hands towards your target</p>	<p>LO: Theme: head, shoulders, knees and toes - to explore different body parts and how they move</p> <p>SC: Think about how each body part can move</p>	<p>LO: Theme: Body parts - to develop balancing whilst stationary and on the move</p> <p>SC: Squeeze your muscles to make your body tense</p>
2	<p>LO: Theme: aeroplanes - to develop throwing and learn how to keep score</p> <p>SC: Finish with your hand pointing at your target</p> <p>Help each other to add your points together</p>	<p>LO: Theme: busy bees - To develop stopping a rolling ball</p> <p>SC: Keep your eyes on the ball</p> <p>Move your feet to the ball</p> <p>Use wide fingers to grip the ball</p>	<p>LO: Theme: head, shoulders, knees and toes - to explore different body parts and how they move and remember and repeat actions</p> <p>SC: Count to 8 to help you to stay in time</p> <p>Do your movements to the beat</p>	<p>LO: Theme: Feelings - to develop running and stopping</p> <p>SC: Bend your knees to help you to stop</p> <p>Take big steps to run and small steps to stop</p>
3	<p>LO: Theme: cyclists - to be able to play games showing an understanding of the different roles within it</p> <p>SC: Change direction to avoid others</p>	<p>LO: Theme: ladybirds and butterflies - To develop accuracy when throwing to a target</p> <p>SC: Keep your eyes on your target</p>	<p>LO: Theme: Transport - to express and communicate ideas through movement exploring directions and levels</p>	<p>LO: Theme: Our Senses - To develop changing direction</p> <p>SC: Bend your knees and push off in the opposite direction</p>

	Listen carefully to the rules of each game	Let go with your fingertips pointing towards your target	SC: Use high, medium and low levels in your dance to help make it look more interesting	Turn your body to face a new direction Use small steps to help you to change direction
4	LO: Theme: buses - To follow instructions and move safely when playing tagging games SC: Change direction to avoid others Tag someone by gently touching them on the arm or back	LO: Theme: grasshoppers - To develop bouncing and catching a ball SC: Catch the ball at the magic moment Use two hands to catch the ball	LO: Theme: Transport - to create movements and adapt and perform simple dance patterns SC: Do your movements to the beat Watch others to help you to remember the order of the actions	LO: Theme: Ways we look after ourselves - To develop jumping and landing SC: Bend your knees to jump and land Look straight ahead and keep your chest up
5	LO: Theme: boats - to work co-operatively and learn to take turns SC: Once you have had your turn move to the back of the line You must tag the next person in your team before they can go	LO: Theme: caterpillars - To develop dribbling a ball with your feet. SC: Keep the ball close to your feet Use soft, small touches with your feet	LO: Theme: morning routine - to copy and repeat actions showing confidence and imagination SC: Do your movements to the beat Use big, clear movements to help to tell the story	LO: Theme: My favourite things - To develop hopping and landing with control SC: Bend your knees when landing Keep your head up Squeeze your muscles to balance
6	LO: Theme: trains - to work with others to play team games SC: Clap the other team at the end	LO: Theme: spiders - To develop kicking a ball SC: Put your standing foot next to the ball	LO: Theme: my journey to school - to move with control and co-ordination, linking, copying and repeating actions SC: Count to 8 to help you to stay in time	LO: Theme: It's good to be me - To explore different ways to travel SC: Bend your knees to take off and land when jumping

	Encourage your teammates Listen carefully to the rules of each game	Use the inside of your foot to kick the ball	Watch others to help you to remember the order of the actions	Crawl using hands and feet March with high knees Slide using different parts of your body Use the pattern step, jump, step to gallop
	Spring Term 1		Spring Term 2	
	Gymnastics: 1	Fundamentals/Multi Skills 2	Gymnastics: 2	Target Games
1	LO: Theme: Rainforest Animals - To copy and create shapes with your body SC: Sit up tall in a tuck shape Squeeze your muscles to help to keep your shape Straighten arms and legs when holding straight and star shapes	LO: Theme: at the circus - To develop balancing SC: Squeeze your muscles to balance Use wide arms to help you balance	LO: Theme: Jack and the Beanstalk - To create short sequences using shapes, balances and travelling actions SC: Hold shapes and balances for 5 seconds Squeeze your muscles when holding your shape or balances to help your to be still and strong	LO: To develop underarm throwing towards a target SC: Keep your eyes on the target Opposite hand to point at the target Stand with your legs split, opposite leg to throwing arm forwards
2	LO: Theme: Woodland Animals - To be able to create shapes whilst on apparatus SC: Squeeze your muscles to help to keep your shape Straighten arms and legs when holding straight and star shapes	LO: Theme: on safari - To develop running and stopping SC: Bend your knees to help you to stop Keep your chest up Take big steps to run and small steps to stop	LO: Theme: Jack and the Beanstalk - To develop balancing and safely using apparatus SC: Squeeze your muscles to help you to stay still	LO: To develop throwing for accuracy SC: Keep your eyes on the target Opposite hand to point at the target

				Stand with your legs split, opposite leg to throwing arm forwards Time the release of the throw
3	<p>LO: Theme: Lakeland Animals - To develop balancing and taking weight on different body parts</p> <p>SC: Squeeze your muscles to help you to stay balanced</p>	<p>LO: Theme: Under the sea - To develop changing direction</p> <p>SC: Bend your knee and push off in the opposite direction</p> <p>Turn your body to face a new direction</p> <p>Use small steps to help you to change direction</p>	<p>LO: Theme: Jack and the Beanstalk - To develop jumping and landing safely from a height</p> <p>SC: Bend your knees when landing</p> <p>Keep your chest up tall so you don't fall forwards</p>	<p>LO: To develop underarm and overarm throwing for accuracy</p> <p>SC: Face your body and target arm towards the target (underarm)</p> <p>Face your body side-on (overarm)</p> <p>High-5 the sky to 'stick' the throw</p> <p>The beanbag starts by your ear (overarm)</p>
4	<p>LO: Theme: Desert Animals - To develop jumping and landing safely</p> <p>SC: Bend your knees when you land</p> <p>Keep your chest up</p>	<p>LO: Theme: Space explorers - To develop jumping</p> <p>SC: Bend your knees to jump and land</p> <p>Look straight ahead, keeping your chest up</p> <p>Squeeze your muscles to help you to balance when landing</p>	<p>LO: Theme: Goldilocks and the Three Bears - To develop rocking and rolling</p> <p>SC: Keep your legs and feet together on the straight roll</p> <p>Stay curled up in the barrel roll</p>	<p>LO: To develop throwing for accuracy and distance using underarm and overarm</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p>

				Stand with your legs split, opposite leg to throwing arm forwards
5	<p>LO: Theme: Sea Animals - To develop rocking and rolling</p> <p>SC: Squeeze your muscles to help you to keep your shape</p> <p>SC: Stay in your shape during your roll</p>	<p>LO: Theme: at the farm - To develop hopping</p> <p>SC: Bend your knees when landing</p> <p>Keep your chest up to stop you from falling forwards</p>	<p>LO: Theme: Goldilocks and the Three Bears - To explore travelling around, over and through apparatus</p> <p>SC: Hold shapes and balances for 5 seconds.</p> <p>Travel using different body parts</p>	<p>LO: To select the correct technique for the situation</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p> <p>The beanbag starts by your ear (overarm)</p>
6	<p>LO: Theme: Pet Animals - To copy and create short sequences by linking actions together</p> <p>SC: Travel over, around and along apparatus</p> <p>Use rolls, balances, jumps and shapes</p>	<p>LO: Theme: into the woods - To explore different ways to travel using equipment</p> <p>SC: Bend your knees when jumping and landing</p> <p>Crawl using your hands and feet</p> <p>March with high knees</p> <p>Slide using different body parts</p>	<p>LO: Theme: Goldilocks and the Three Bears - To create sequences using apparatus</p> <p>SC: Hold shapes and balances for 5 seconds</p> <p>Travel over, around and along the apparatus</p> <p>Travel using different body parts</p>	<p>LO: To develop throwing for accuracy and distance</p> <p>SC: Face your body and target arm towards the target</p> <p>Face your body side-on (overarm)</p> <p>Stand with your legs split, opposite leg to throwing arm forwards</p>

				Time the release of the throw
	Summer Term 1		Summer Term 2	
	Games: unit 2	Invasion Games	Ball Skills 2	Athletics
1	<p>LO: Theme: polar regions - To aim when throwing and practise keeping score</p> <p>SC: Each time you or your partner score a point, shout out the score to help you to remember</p> <p>Point your hand where you want the object to go</p>	<p>LO: To understand the role of defenders and attackers</p> <p>SC: Keep the ball close to your feet using soft touches</p>	<p>LO: Theme: Windy weather - To develop rolling and tracking a ball</p> <p>SC: Bend down low and step forwards when you roll the ball</p> <p>Move your feet to get in line with the ball when receiving it.</p> <p>Point your hand towards your target</p>	<p>LO: To move at different speeds over varying distances</p> <p>SC: Run using opposite leg forward to arm</p> <p>Take bigger strides when running fast</p> <p>Use a slower pace for longer distances</p>
2	<p>LO: Theme: the rainforest – To follow instructions and move safely when play tagging games</p> <p>SC: Look for space away from the taggers</p> <p>Tag someone by gently touching them on the arm or back</p>	<p>LO: To recognise who to pass to and why</p> <p>SC: Look where your teammate is before sending the ball</p> <p>Pass away from the defender so they cannot gain possession</p>	<p>LO: Theme: Snow is falling - To develop accuracy when throwing to a target</p> <p>Keep your eyes on your target</p> <p>Use one hand to throw</p>	<p>LO: To develop balance</p> <p>SC: Jump and land with soft knees</p> <p>Keep your chest up whilst moving</p> <p>Move slowly to help you maintain balance</p>
3	<p>LO: Theme: Australia - to learn to play against a partner</p> <p>SC: Point your hand where you want the objects to go</p>	<p>LO: To move towards goal with the ball</p> <p>SC: Keep the ball close to you to keep control of it</p>	<p>LO: Theme: There's a storm coming - to develop dribbling with hands</p>	<p>LO: To develop agility and co-ordination</p> <p>SC: Bend low and push off quickly to change direction</p>

	Say 'well done' to your opponent	Keep your head up to see the defender	SC: Push the ball as it starts to move down towards the floor Use soft hands to push the ball	Keep your chest up whilst moving Keep your feet shoulder width apart when changing direction
4	LO: Theme: wild west – To develop co-ordination and play by the rules SC: Listen carefully to the instructions to help you to understand how to play the game Use the opposite leg to arm when running	LO: To support a teammate when playing in attack SC: Move away from a defender and into space	LO: Theme: Rainy days - To develop throwing and catching with a partner SC: Check that your partner is looking before passing Use two hands to catch	LO: To explore hopping, jumping and leaping for distance SC: Bend your knees and land with control Look forwards as you jump Swing your arms forward when jumping
5	LO: Theme: India - To explore striking a ball and keeping score SC: Hit the ball in the middle of the racket Point the racket where you want the ball to go	LO: To move into space showing an awareness of defenders SC: Call to your teammates when you are free	LO: Theme: Sunshine and rainbows - To develop dribbling a ball with your feet SC: Keep the ball close to your feet Use soft, small touches with your feet	LO: To develop throwing for distance SC: Step forward with opposite foot to throwing arm Throw with a balanced stance Use an underarm throw for a short distance and an overarm throw for a further distance
6	LO: Theme: far east - To work co-operatively as a team SC: Clap the other teams	LO: To stay with a player when defending	LO: Theme: Foggy days - To develop kicking a ball to a target	LO: To develop throwing for accuracy

	Encourage your teammates	SC: Stand sideways so that you can see your attacker and the ball Stay close to your attacker using quick changes of direction	SC: Use the inside of your foot to kick the ball	SC: Increase the swing of your arm to throw the beanbag further Point your hand at your target after you throw Step forward with opposite foot to throwing arm
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