

Early Learning Goals relating to Physical Education:

- Personal, Social and Emotional Development: ELG - Self-Regulation; ELG - Managing Self and Building Relationships.
 - Communication and Language: ELG – Listening, Attention and Understanding; ELG – Speaking.
 - Physical Development: ELG - Gross Motor Skills.
 - Expressive Arts and Design: ELG - Being Imaginative and Expressive.
 - Literacy: ELG - Comprehension
- Perform dances using simple movement patterns.

	Reception Dodgeball	Reception Football	Reception Hockey	Reception Dance	Reception Cricket	Reception TIG
Physical Key Skills	<p>Use strength to throw the ball forwards.</p> <p>Use hand-eye coordination to help me catch a ball.</p> <p>Run and jump to dodge a ball.</p> <p>Try to use a ball that I'm holding so it's in the way of a ball moving towards me.</p> <p>Control my running so I don't get too tired for my team.</p>	<p>Dribble in a single direction.</p> <p>Show balance when using my feet to move the ball.</p> <p>Use strength in my leg and foot when passing the ball.</p> <p>Use different parts of the foot to stop and control a football.</p> <p>Try to kick the ball along the ground towards the goal.</p>	<p>Grip the stick with two hands.</p> <p>Walk as I try to keep touching the ball with my stick.</p> <p>Move the stick forwards gently to move the ball.</p> <p>Run and walk at different speeds to keep yourself in space.</p>	<p>Use your arms and try to also use your hands.</p> <p>Try to move your arms and legs at the same time.</p> <p>Keep your arms straight in different ways.</p> <p>Move your body in different ways with energy and stamina.</p> <p>Be balanced when doing the dance moves.</p>	<p>Look at where you're aiming before throwing the ball.</p> <p>Hold the bat with two hands.</p> <p>Bowl the ball underarm.</p> <p>Use the 'long barrier'.</p> <p>Use the cricket bat and help with the fielding.</p>	<p>Try to step to the side to avoid other people.</p> <p>Take a step forwards before throwing.</p> <p>Move my legs faster when trying to avoid a defender.</p> <p>Use my tummy muscles to control my movement.</p> <p>Spin and Swivel to avoid incoming balls.</p>

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Social Key Skills	<p>Be sensitive to the needs of others if they find it hard to throw the ball accurately.</p> <p>Work cooperatively with a partner when throwing and catching.</p> <p>Listen to my friends' ideas about dodging.</p> <p>Be confident in trying a new activity.</p> <p>Make sure I don't bump into other players.</p>	<p>Ask questions about dribbling to help me understand it more.</p> <p>Try not to get too disappointed when I get a ball movement wrong.</p> <p>Take it in turns with the other children in my group.</p> <p>Keep trying even when it gets tricky and the ball rolls away from me.</p> <p>Celebrate when I and others score.</p>	<p>Look at how others are holding the stick to give me good ideas.</p> <p>Look around me so I don't bump into other children and lose the ball.</p> <p>Ask for help if you're struggling to move the ball forwards.</p> <p>Call out if someone is getting too close to you.</p> <p>Look at what partners are doing well and try to use that to help yourself.</p>	<p>Listen to your teacher's ideas.</p> <p>Look at other children's ideas and use some of them in your dancing.</p> <p>Keep trying even when it gets hard.</p> <p>Dance with other children nicely.</p> <p>Work with a partner.</p>	<p>Look at what other children are doing to help you.</p> <p>Let other people know that you're proud of how I'm holding the bat.</p> <p>Explain how to bowl a cricket ball.</p> <p>Work with other children to practise your fielding.</p> <p>Try to not get in the way of other fielders.</p>	<p>Keep your head up and your eyes open so you don't bump into other people.</p> <p>Call for a teammate when I need help or if I need to help them.</p> <p>Let someone know when they've done well.</p> <p>Take it in turns with different roles.</p> <p>Follow the rules of the game.</p>
Creative Key Skills	<p>Try new activities to get better at throwing a dodgeball.</p> <p>Give myself space so I'm not crowded when trying to catch.</p> <p>Change direction quickly to avoid the balls.</p> <p>Try other ways to block a ball if my first try doesn't work very well.</p> <p>Use the space around me carefully when playing dodgeball.</p>	<p>Use the inside and maybe even the outside of my foot.</p> <p>Use the drag back and toe taps.</p> <p>Try and pass the ball to the right target.</p> <p>Change how I stop the ball if it's not working.</p> <p>Try and look at where I want the kick the ball before I strike it at goal.</p>	<p>Move both hands on the stick to find a comfortable grip.</p> <p>Try to keep the ball close to the stick when dribbling.</p> <p>Try to hit the middle of the ball with your stick for better control.</p> <p>Stop and change direction if I'm going to bump into someone or something.</p>	<p>Listen to the music when moving around.</p> <p>Use the story to come up with ideas for your dance.</p> <p>Move like a robot.</p> <p>Use the space around you carefully and safely.</p> <p>Be confident and try different movements when listening to the music.</p>	<p>Try different ways of throwing the ball.</p> <p>Move my hands up and down the bat until I'm happy with how I'm holding it.</p> <p>Run with the ball before bowling it.</p> <p>Move into the path of the ball before trying to stop it.</p> <p>Try and hit the ball upwards into the air.</p>	<p>Keep moving into space to keep yourself away from defenders.</p> <p>Try ducking and jumping when avoiding dodgeballs.</p> <p>Be confident when trying new activities.</p> <p>Time runs so you don't get too close to defenders.</p> <p>Pretend to run to make someone throw a ball before you run for real.</p>