

<b>Physical Development Gross Motor</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>	
<b>Skills</b>		I can travel with confidence and skill around, under, over and through balancing and climbing equipment.	I can experiment with different ways of moving.	I can negotiate space successfully when playing racing and chasing games with other children  I can adjust my speed or changing direction to avoid obstacles.	I can experiment with different ways of moving.  I can show good control and co-ordination in large and small movements.	I can show good control and co-ordination in large and small movements.  I can move confidently in a range of ways, safely negotiating space.	I can show increasing control over an object in pushing, patting, throwing, catching or kicking it.	<ul style="list-style-type: none"> <li>• ELG: Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>
<b>KNOWLEDGE</b>		<p>I can show how to use my strength to balance</p> <p>I can show co-ordination when playing.</p> <p>I know how to do a standing straight shape, star shape and tuck with control.</p> <p>I can hold these shapes for a count of 3.</p> <p>I can travel safely around a space and along benches.</p> <p>I can link simple movements to make a short sequence.</p> <p>I can travel on my feet and hands and feet safely around a space and over benches.</p> <p>I can perform a simple sequence of movements.</p>	<p>I know how to march in time to music by myself and with a partner.</p> <p>I can make up a simple dance with 3 parts.</p> <p>I know the parts of dance and can remember what to do.</p> <p>I know how to move in different directions with speed and control.</p> <p>I can use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>I know how to travel safely around the room</p> <p>I know how to listen carefully and participate effectively</p>	<p>I can skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>I know how to move safely in a space, changing direction with control.</p> <p>I can carry and aim equipment safely.</p> <p>I know how to roll an object.</p> <p>I know how to throw a ball.</p> <p>I know how to catch a beanbag or medium sized ball.</p> <p>I can kick a ball with increasing control.</p>	<p>I can develop my ability to run at speed</p> <p>I know how I can use my body to maximise performance</p> <p>I know how I can use my body to jump further</p> <p>I can use the skills I have learnt to throw a ball further each time</p>	
	<b>Context</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Invictus</b>	<b>Multi-skills</b>	<b>Striking and fielding</b>	<b>Athletics</b>	

