



**Physical Development Planning**  
**September – July**

***Overview of Physical Development learning experiences throughout the academic year.***

<b>September - October</b>	<b><u>Movement, spatial awareness &amp; safety</u></b> <p>There are 22 fundamental movement skills divided into three categories; Body management, Locomotor and Object control. This term will focus upon body management and locomotor. <i>During this first term children will have the opportunity to explore movement, speed and body control. Children will explore body control and how this is acquired through posture, balance and coordination. They will explore their sense of balance through rolling, running, jumping and develop confidence in their bodies. Children will explore an awareness of their body parts and how to use those safely in the amount of the space provided.</i></p>
<b>October – December</b>	<b><u>Ball skills/Games</u></b> <p><i>During this term the children will explore an Object control skills as well as their bodies. Children will access a range of different sized, shaped balls and slow moving objects such as balloons and material to develop their hand eye coordination when handling objects. Children will explore kicking, throwing( over arm/underarm), rolling, bouncing in a variety of positions both independently and through the introduction of paired work.</i></p>
<b>January – February</b>	<b><u>Ball skills/Equipment/Games</u></b> <p><i>During the term the children will explore a range of large one handed equipment such as cricket bats, tennis racquets, and hockey sticks to explore the next steps of balls games. The children will have opportunities to explore how to use the equipment to create effects on objects such as sponge balls, tennis balls and balloons.</i></p>

<p><b>February- April</b></p>	<p style="text-align: center;"><b><u>Apparatus</u></b></p> <p><i>During this term the children will access equipment such as benches, balance beams, slides, ladders, climbing frames and tunnels to support their balance and coordination. Children will gradually build up to accessing equipment such as parallel bars and turned over benches as they demonstrate their learning throughout this term.</i></p>
<p><b>April- May</b></p>	<p style="text-align: center;"><b><u>Parachute</u></b></p> <p><i>During this term the children will develop their strength and gross motor skills as they explore large and small parachutes. The children will lift, pull and rotate the parachute in a range of directions and use resources such as balls to extend their learning.</i></p>
<p><b>May-July</b></p>	<p style="text-align: center;"><b><u>Co Operative Games and Competition</u></b></p> <p><i>During this final term the children will engage in a range of competition/ team games and explore how to work as part of a large group to achieve. The children will engage in activities such as javelin, relay, and hurdles to lead directly into a sports celebration at the end of the academic term.</i></p>

- The fundamental skills of movement can be reinforced through outdoor child lead play and daily adult supported experiences. The planning above provides the opportunity for the children to access high quality physical development experiences in an alternative environment such as the hall.*

- *Promoting a healthy lifestyle is promoted across all areas of the learning environment, during each of the p.e. sessions children will observe the effects of exercise on their body and engage in relevant discussion about the importance of making healthy lifestyle choices.*

Completed by: Faye O'Connor