



# Physical Education Long Term Objectives



## Reception

### Autumn

#### Termly Objectives

##### **Gymnastics - Jumping Jacks and Rock 'n' Roll**

- To develop the ability to jump in a range of ways from one space to another.
- To control my body when jumping and balancing.
- To create a sequence using a jump and a balance.
- To develop the ability to roll in a range of ways.
- To control my body when rolling in a range of ways.
- To perform a sequence with confidence and control.

##### **Games - Best of Balls**

- To develop the ability to control a ball in a range of ways.
- To develop the ability to throw accurately at a target.
- To use throwing skills in a small sided game.
- To be able to use a bat or racket to move and control an object.
- To develop the ability catch and bounce a ball.
- To develop the ability to kick a ball

### Spring

#### Termly Objectives

##### **Dance - Chinese New Year**

- To develop the ability to create movements to music.
- To join practice movements and join them together to create a motif.
- To practice and improve a dance motif.
- To work as a team to create a short dance.
- To remember and perform a short dance.
- To evaluate and improve a short dance

##### **Dance - Dinosaurs**

- To develop the ability to create movements to music.
- To join practice movements and join them together to create a motif.
- To practice and improve a dance motif.
- To work as a team to create a short dance.
- To remember and perform a short dance.
- To evaluate and improve a short dance.

### Summer

#### Termly Objectives

##### **Gymnastics - Gym in the Jungle**

- To develop the ability to move in a range of ways.
- To increase the ability to move around and onto equipment.
- To increase the ability to move under and onto equipment.
- To increase the ability to move over and onto equipment.
- To increase the ability to move through and onto equipment.
- To combine movements together while negotiating different equipment.

##### **Games - Best of Balls**

- To further develop the ability to control a ball in a range of ways.
- To further develop the ability to throw accurately at a target.
- To use throwing skills in a small sided game.
- To be able to use a bat or racket to move and carefully control an object.
- To further develop the ability catch and bounce a ball.
- To further develop the ability to kick a ball



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