

**Reception**

Progress towards a more fluent style of moving, with developing control and grace.

**ELG**

Negotiate space and obstacles safely, with consideration for themselves and others.

**ELG**

Demonstrate strength, balance and coordination when playing.

**ELG**

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

**Reception**

Revise and refine the fundamental movement skills they have already acquired: rolling, crawling walking, jumping, running, hopping, skipping, climbing.

**Reception**

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.



The Reception Sports Person  
I can.....

**Reception**

Know and talk about the different factors that support their overall health and wellbeing including regular physical activity.

**Reception**

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

**Reception**

Combine different movements with ease and fluency.

**Reception**

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

**Reception**

Develop overall body-strength, balance, co-ordination and agility.

**Reception**

Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball