

## Cavendish Close Infant and Nursery School

*A rich, relevant, broad and balanced curriculum contributes to outstanding learning and achievement, significant growth in pupils' knowledge and attitude to learning*

### Subject area: PE- Gymnastics

End of Early Years Foundation Stage expectation			National Curriculum end of Key Stage 1 expectation	
<p><b>ELG 7 Moving and Handling</b> Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</p> <p><b>ELG 8 Health and Self-Care</b> Children know the importance of good health and physical exercise, and a healthy diet and talk about ways to keep healthy and safe.</p>			<p>To ensure that all pupils:</p> <ul style="list-style-type: none"> <li>• develop competence to excel in a broad range of physical activities</li> <li>• are physically active for sustained periods of time</li> <li>• engage in competitive sports and activities</li> <li>• lead healthy, active lives.</li> </ul> <p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught:</p> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>	
<p><b>Acquiring and Developing (Hands)</b></p>	<p><b>FS1 (30-50 months)</b> Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles</p> <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Can stand momentarily on one foot when shown</p>	<p><b>FS2 (40-60 months)</b> Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Experiments with different ways of moving, confidently moving in a range of ways. Shows good control and coordination in large and small movements. Use what they know to move in original ways.</p>	<p><b>Y1</b> Perform log and tuck rolls</p> <p>Make tuck and star shapes in balances or jumps</p> <p>Turn to change direction</p> <p>Travel from one space to another using high and low pathways</p> <p>Understand narrow and wide positions</p> <p>Have different body parts in contact with the floor</p>	<p><b>Y2</b> Perform log and tuck rolls</p> <p>Make tuck and star shapes in balances and jumps.</p> <p>Take weight on hands through hanging and swinging.</p> <p>Travel from one space to another by: changing speed - smooth to sharp changing level - high to low changing direction – different shaped pathways</p> <p>Have different body parts in contact</p>

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			Show movement memory through repeating sequences.	with the floor Shows clarity, fluency and accuracy in their movements
<b>Selecting and Applying (Head)</b>		Perform a simple movement phrase	Remember and repeat actions accurately and consistently  Know how to start and finish their movement phrases  Work individually Perform a sequence to an audience.	Remember and repeat actions accurately and consistently  Know how to start and finish their movement phrases  Work individually and in pairs  Prepare and perform a sequence to an audience
<b>Evaluating and Improving (Head)</b>			Show awareness of good quality movements and suggest ways that movements could be improved.	Improve a gymnastic sequence based on feedback.

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<b>Knowledge and Understanding of Fitness and Health (Heart)</b>	Beginning to recognise danger and seeks support of significant adults for help  Observes the effects of activity on their bodies, notices they are warmer, sweaty and they feel puffed out	Negotiates space successfully and safely, adjusting speed or changing direction to avoid obstacles.  Shows understanding of the need of safety and considers and manages some risks  Shows understanding of how to transport and store equipment safely  Practices some appropriate safety measures without direct supervision	To travel safely and be aware of others  Understand how to use space and apparatus safely  Shows some understanding that exercise is important to good health.	Find and use space safely showing awareness of others  Know how to carry and place apparatus safely  To understand that their breathing increases when they are active and know why it is important to warm up  Understand that muscles become harder when tensed or stretched.
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