



Subject : Physical Development

- **Moving and Handling**
- **Health and Self Care**

Links to: PE

Term: Autumn, Spring, Summer

Characteristics of Effective Learning

- Playing and exploring – engagement
- Active learning – motivation
- Creating and thinking critically - thinking

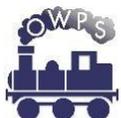
ELG – PD: Moving and Handling

Early Learning Goal: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

ELG – PD: Health and Self Care

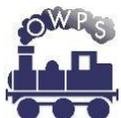
Early Learning Goal: Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

 Vocabulary PD: Moving and Handling	 Knowledge Children will know that... Development Matters 40-60 <i>Italics taken from the school's PE planning.</i>	 Understanding Children will understand	 Skills What children will be able to do Activities in FS at OWPS
<p>PE</p> <p>Balance: Maintain a steady position so that you do not fall.</p> <p>Obstacles: Something that blocks one's way or prevents or hinders progress.</p> <p>Speed: The rate at which someone or something moves.</p> <p>Adjust speed: Alter speed slightly in order to suit purpose.</p> <p>Direction: The course along which someone or something moves.</p> <p>Equipment: The necessary items for a particular purpose.</p> <p>Control: Managing the direction an object is moving.</p>	<p>(Experiments with different ways of moving) They can move in different ways.</p> <p><i>That not crossing legs when changing direction helps them to maintain balance.</i></p> <p>(Jumps off an object and lands appropriately) To bend their knees when landing.</p> <p>(Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles) You need to be aware of other people and objects when moving at speed.</p> <p>To react to variables and maintain balance whilst moving in a range of directions and stopping with competency.</p> <p>How to match their actions to the space they are in.</p> <p>(Travels with confidence and skill around, under, over and through balancing and climbing equipment) They need to follow instructions when using equipment.</p> <p>(Shows increasing control over an object in pushing, patting, throwing, catching or kicking it)</p>	<p>How to move in different ways depending on the instruction or activity.</p> <p>How to jump off an object and land safely.</p> <p>How to avoid people and obstacles when travelling at speed.</p> <p>How to travel around obstacles with confidence.</p> <p>How to control equipment with increasing confidence e.g. in pushing, patting, throwing, catching or kicking it.</p> <p>How to throw and catch successfully taking into account your dominant hand.</p>	<p>Autumn term</p> <ul style="list-style-type: none"> • Throwing and catching games during free flow play with an adult. • Play games that involve taking turns and listening to instructions during free flow play. • Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing). • Take part in activities that promote balance such as beam walking, balance bikes. • Use the sports equipment to practice pushing, throwing, patting catching and kicking. <p>Spring term Start PE lessons Ball skills, dance, fun and games, me and myself</p> <ul style="list-style-type: none"> • Play games that involve taking turns and listening to instructions during free flow play. • Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing). • Take part in activities that promote balance such as beam walking, balance bikes. • Use the sports equipment to practice pushing, throwing, patting catching and kicking. <p>Summer term PE lessons Movement development, throwing and catching, working with others.</p> <ul style="list-style-type: none"> • Throwing and catching games during free flow play with an adult. • Play games that involve taking turns and listening to instructions during free flow play. • Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing). • Take part in activities that promote balance such as beam walking, balance bikes. <p>Use the sports equipment to practice pushing, throwing, patting catching and kicking.</p>



	<p>They need to collaborate when throwing, rolling, fetching and playing receiving games, encouraging children to play with one another once their skills are sufficient.</p> <p>(Shows a preference for a dominant hand)</p> <p><i>Objects can be thrown under-arm in a general direction with a degree of success (i.e – Forwards) using a dominant hand.</i></p>		
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 Vocabulary PD: Health and Self Care	 Knowledge Children will know that	 Understanding Children will understand	 Skills What children will be able to do
<p>Healthy: When you are in a good physical or mental condition; in good health.</p> <p>Hygiene: Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.</p> <p>Balanced diet: A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.</p>	<p>Development Matters 40-60</p> <p>(Eats a healthy range of foodstuffs and understands need for variety in food)</p> <p>A plate of different foodstuffs is needed for a healthy lifestyle.</p> <p>Some foods should be eaten less often such as sugary food.</p>	<p>Children will understand</p> <p>What foods help to make up a balanced diet</p> <p>What food should be eaten as a treat</p> <p>What a healthy range of fruit and vegetables look like</p> <p>How to use the toilet independently?</p> <p>How exercise helps to keep us healthy</p> <p>Why sleep is good for us</p>	<p>Activities in FS at OWPS</p> <p>Autumn term</p> <ul style="list-style-type: none"> • Talk about the benefits of personal hygiene. • Talk about the benefits of keeping our hands clean and the importance of regular hand washing. • Why do we wash our hands after going to the toilet? • The importance of sleep. • How we know we are tired and how to promote rest. • Make dream catchers to promote a restful sleep.



	<p>A rainbow of different coloured fruit and vegetables should be eaten daily.</p> <p>(Usually dry and clean during the day)</p> <p>They need to use the toilet during the day to stop any accidents.</p> <p>(Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health)</p> <p>Exercise, its effect on their bodies and the positive contribution it can make to their health.</p> <p>Going to bed at a sensible time is good for your health.</p> <p>Keeping your body clean and brushing your teeth helps to keep your body healthy.</p> <p>(Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks)</p> <p>They need to listen to instructions and advice when using new equipment.</p> <p>The best way to manage risks and make sensible choices.</p> <p>(Shows understanding of how to transport and store equipment safely)</p> <p>(Practices some appropriate safety measures without direct supervision)</p>	<p>Why having good hygiene is good for our bodies</p> <p>Why and how use equipment safely during free flow play</p> <p>How and why it is important to follow instructions</p> <p>How to manage risks during free flow play?</p>	<p>Spring term</p> <ul style="list-style-type: none"> • Take part in weekly PE lessons to promote a healthy lifestyle. • Talk about a healthy diet and take part in activities that embed this lifestyle. • Promote a healthy lifestyle and sensible eating. <p>Summer term</p> <ul style="list-style-type: none"> • Take part in weekly PE lessons to promote a healthy lifestyle. • Talk about a healthy diet and take part in activities that embed this lifestyle. • Promote a healthy lifestyle and sensible eating. • Talk about a healthy diet and take part in activities that embed this lifestyle. • Learn about the benefits of eating fruit and vegetables. • What is a balanced diet? • What does a healthy plate look like and activities to promote this? • What food we should eat less of and why?
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