



## 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.

 <b>Vocabulary</b> PD: Moving and Handling	 <b>Knowledge</b> Children will know that... <b>Development Matters 40-60</b> <i>Italics taken from the school's PE planning.</i>	 <b>Understanding</b> Children will understand	 <b>Skills</b> What children will be able to do Activities in FS at OWPS
<p><b>PE</b>  <b>Balance:</b> Maintain a steady position so that you do not fall.</p> <p><b>Obstacles:</b> Something that blocks one's way or prevents or hinders progress.</p> <p><b>Speed:</b> The rate at which someone or something moves.</p> <p><b>Adjust speed:</b> Alter speed slightly in order to suit purpose.</p> <p><b>Direction:</b> The course along which someone or something moves.</p> <p><b>Equipment:</b> The necessary items for a particular purpose.</p> <p><b>Control:</b> Managing the direction an object is moving.</p>	<p><b>(Experiments with different ways of moving)</b>            They can move in different ways.</p> <p><i>That not crossing legs when changing direction helps them to maintain balance.</i></p> <p><b>(Jumps off an object and lands appropriately)</b>            To bend their knees when landing.</p> <p><b>(Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles)</b></p> <p>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><b>(Travels with confidence and skill around, under, over and through balancing and climbing equipment)</b></p> <p>They need to follow instructions when using equipment.</p> <p><b>(Shows increasing control over an object in pushing, patting, throwing, catching or kicking it)</b></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><b>Autumn term</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching games during free flow play with an adult.</li> <li>• Play games that involve taking turns and listening to instructions during free flow play.</li> <li>• Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing).</li> <li>• Take part in activities that promote balance such as beam walking, balance bikes.</li> <li>• Use the sports equipment to practice pushing, throwing, patting catching and kicking.</li> </ul> <p><b>Spring term</b>  <b>Start PE lessons</b>  <b>Ball skills, dance, fun and games, me and myself</b></p> <ul style="list-style-type: none"> <li>• Play games that involve taking turns and listening to instructions during free flow play.</li> <li>• Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing).</li> <li>• Take part in activities that promote balance such as beam walking, balance bikes.</li> <li>• Use the sports equipment to practice pushing, throwing, patting catching and kicking.</li> </ul> <p><b>Summer term</b>  <b>PE lessons</b>  <b>Movement development, throwing and catching, working with others.</b></p> <ul style="list-style-type: none"> <li>• Throwing and catching games during free flow play with an adult.</li> <li>• Play games that involve taking turns and listening to instructions during free flow play.</li> <li>• Jump off of different equipment during free flow play. (outside area- crates, wooden blocks, tree climbing).</li> <li>• Take part in activities that promote balance such as beam walking, balance bikes.</li> </ul> <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><b>(Shows a preference for a dominant hand)</b></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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 <b>Vocabulary</b> PD: Health and Self Care	 <b>Knowledge</b> Children will know that <b>Development Matters 40-60</b>	 <b>Understanding</b> Children will understand	 <b>Skills</b> What children will be able to do Activities in FS at OWPS
<p><b>Healthy:</b> When you are in a good physical or mental condition; in good health.</p> <p><b>Hygiene:</b> Conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.</p> <p><b>Balanced diet:</b> A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.</p>	<p><b>(Eats a healthy range of foodstuffs and understands need for variety in food)</b></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>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><b><u>Autumn term</u></b></p> <ul style="list-style-type: none"> <li>• Talk about the benefits of personal hygiene.</li> <li>• Talk about the benefits of keeping our hands clean and the importance of regular hand washing.</li> <li>• Why do we wash our hands after going to the toilet?</li> <li>• The importance of sleep.</li> <li>• How we know we are tired and how to promote rest.</li> <li>• Make dream catchers to promote a restful sleep.</li> </ul>



	<p>A rainbow of different coloured fruit and vegetables should be eaten daily.</p> <p><b>(Usually dry and clean during the day)</b></p> <p>They need to use the toilet during the day to stop any accidents.</p> <p><b>(Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health)</b></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><b>(Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks)</b></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><b>(Shows understanding of how to transport and store equipment safely)</b></p> <p><b>(Practices some appropriate safety measures without direct supervision)</b></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><u>Spring term</u></p> <ul style="list-style-type: none"> <li>• Take part in weekly PE lessons to promote a healthy lifestyle.</li> <li>• Talk about a healthy diet and take part in activities that embed this lifestyle.</li> <li>• Promote a healthy lifestyle and sensible eating.</li> </ul> <p><u>Summer term</u></p> <ul style="list-style-type: none"> <li>• Take part in weekly PE lessons to promote a healthy lifestyle.</li> <li>• Talk about a healthy diet and take part in activities that embed this lifestyle.</li> <li>• Promote a healthy lifestyle and sensible eating.</li> <li>• Talk about a healthy diet and take part in activities that embed this lifestyle.</li> <li>• Learn about the benefits of eating fruit and vegetables.</li> <li>• What is a balanced diet?</li> <li>• What does a healthy plate look like and activities to promote this?</li> <li>• What food we should eat less of and why?</li> </ul>
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