

Reception PE Overview



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Gymnastics— Travelling and rolling (Imoves)	Gymnastics— balancing and jumping (imoves)	Games—ball skills—feet (complete PE)	Games—Rackets, bats and balls (complete PE)	Dance Imoves - Dinosaurs	Dance Imoves— minibeasts
Skills	Roll, travel, balance and jump in different ways. Copy sequences and repeat them.		Ball Skills Feet Explore and develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent	Rackets, Bats, Balls and Balloons Explore pushing/hitting a balloon with control Explore hitting a balloon with power into space Explore balancing an object on a racket/bat	Work towards control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Recognise rhythm and beat within the music and be able to clap and stamp feet in time to the music led by the teacher.	
Vocabulary	Stretch Roll Point Tuck	Balance Point Patch Star Bend	Attacker Defender Space Opponent	Accuracy Control Aiming Score	Forwards Safely Travel Shape Sideways Backwards Copy	