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| **Reception Disciplinary Knowledge** | | | |
| Athletics Gymnastics Dance Invasion Games Striking and Fielding | **WTS** | **EXS** | **GDS** |
| Running: know that I use big steps to run and small steps to stop. Know that moving into space away from others helps to keep me safe |  | Rest of class |  |
| Jumping: know that bending my knees will help me to land safely |  | Rest of class |  |
| Throwing: understand that bigger targets are easier to hit. |  | Rest of class |  |
| Rules: know that rules help us to stay safe |  | Rest of class |  |
| Shapes: understand that I can make different shapes with my body. |  | Rest of class |  |
| Balances: know that I should be still when holding a balance. |  | Rest of class |  |
| Rolls: know that I can change my body shape to help me to roll. |  | Rest of class |  |
| Jumps: know that bending my knees will help me to land safely. |  | Rest of class |  |
| Strategy: know that if I hold a shape and count to five people will see it clearly |  | Rest of class |  |
| Actions: understand that I can move my body in different ways to create interesting actions. |  | Rest of class |  |
| Dynamics: understand that I can change my action to show an idea. |  | Rest of class |  |
| Space: know that if I move into space, it will help to keep me and others safe. |  | Rest of class |  |
| Performance: know that when watching others I sit quietly and clap at the end. |  | Rest of class |  |
| Strategy: know that if I use lots of space, it helps to make my dance look interesting. |  | Rest of class |  |
| Sending & receiving: know to look at the target when sending a ball and watch the ball to receive it. |  | Rest of class |  |
| Dribbling: know that keeping the ball close will help with control. |  | Rest of class |  |
| Space: know that being in a space gives me room to play. |  | Rest of class |  |
| Attacking & defending: know that there are different roles in games. |  | Rest of class |  |
| Tactics: make simple decisions in response to a task. |  | Rest of class |  |
| *Rules: know that rules help us to stay safe* |  | Rest of class |  |
| Striking: know to point my hand at my target when striking a ball. |  | Rest of class |  |
| Fielding: know to scoop a ball with two hands. |  | Rest of class |  |
| Throwing and catching: know to point my hand at my target when throwing. Know to have hands out ready to catch |  | Rest of class |  |
| Tactics: make simple decisions in response to a task. |  | Rest of class |  |
| Rules: know that rules help us to stay safe |  | Rest of class |  |

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| **Athletics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Running: explore running and stopping safely. |  | Rest of class |  |
| Jumping: explore jumping and hopping safely. |  | Rest of class |  |
| Throwing: explore throwing to a target. |  | Rest of class |  |

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| **Gymnastics** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Shapes: show contrast with my body including wide/narrow, straight/curved. |  | Rest of class |  |
| Balances: explore shapes in stillness using different parts of my body. |  | Rest of class |  |
| Rolls: explore rocking and rolling. |  | Rest of class |  |
| Jumps: explore jumping safely. |  | Rest of class |  |

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| **Dance** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Actions: explore how my body moves. Copy basic body actions and rhythms. |  | Rest of class |  |
| Dynamics: explore actions in response to music and an idea. |  | Rest of class |  |
| Space: begin to explore pathways and the space around me and in relation to others. |  | Rest of class |  |
| Performance: perform short phrases of movement in front of others. |  | Rest of class |  |

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| **Invasion Games** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Sending & receiving: explore s&r with hands and feet using a variety of equipment. |  | Rest of class |  |
| Dribbling: explore dropping and catching with two hands and moving a ball with their feet. |  | Rest of class |  |
| Space: recognise their own space. |  | Rest of class |  |
| Attacking & defending: explore changing direction and tagging games. |  | Rest of class |  |

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| **Striking and Fielding** | | | |
|  | **WTS** | **EXS** | **GDS** |
| Striking: explore sending a ball to a partner. |  | Rest of class |  |
| Fielding: explore tracking and stopping a rolling ball. |  | Rest of class |  |
| Throwing and catching: explore rolling, throwing and catching using a variety of equipment |  | Rest of class |  |

**Next Steps -Learning Points for next enquiry (noting revisit points for Pupils at WTS )**

**1)**

**2)**

**3)**

**4)**

**5)**