

Reception - We Are Learning...

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Gymnastics		Dance	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To move safely 2. To take off and land on two feet 3. To balance and move balls and beanbags 4. To travel on mats and benches 5. To copy and repeat actions 6. To perform simple shapes and balances 	<ol style="list-style-type: none"> 1. To link different shapes and ways of moving 2. To egg roll and log roll 3. To follow different pathways 4. To balance on points and patches 5. To perform our story to music 6. To use a start and finish position 	<ol style="list-style-type: none"> 1. To use colours and feelings in dance 2. To perform as animals using different levels and directions 3. To work with a partner 4. How to show expression in our sequence 5. To perform transport actions and movements in our dance 6. To use leading and following movements 	<ol style="list-style-type: none"> 1. To move to the count of 8 2. To perform with a partner to the count of 8 3. To work with a partner to perform 4. To perform a dance using 4 actions 5. To link new actions with the ones we already know 6. To practice and perform a dance about Africa
Body Management		Speed, Agility, Travel	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To balance beanbags 2. To move through hoops in different way 3. To reach and stretch to get equipment 4. To make bridges and tunnels with our body 5. To travel over and under apparatus 6. To make shapes with our bodies 	<ol style="list-style-type: none"> 1. To balance beanbags 2. To move through hoops in different way 3. To reach and stretch to get equipment 4. To make bridges and tunnels with our body 5. To travel over and under apparatus 6. To make shapes with our bodies 	<ol style="list-style-type: none"> 1. To move in different directions 2. To keep our bodies safe in running games 3. To jump in different directions 4. To stop safely 5. To move at slow and fast speeds 6. To stop safely in different ways 	<ol style="list-style-type: none"> 1. To move beanbags and balls 2. To move in different ways 3. To jump on, off and over 4. To perform circle dances 5. To use strength to hold shapes 6. To work in a team
Manipulation and Coordination		Cooperate and Solve Problems	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To handle a balloon 2. To handle a ball 3. To kick a ball 4. To hop, jump and step 5. To send a ball or beanbag 6. To send and stop in a game 	<ol style="list-style-type: none"> 1. To play parachute games 2. To use equipment to perform actions 3. To use a baton to push beanbags and balls 4. To use a baton to dribble 5. To perform different jumps 6. To handle a hoop 	<ol style="list-style-type: none"> 1. To match colours and symbols 2. To work as a team to complete a task 3. To use our bodies to make number shapes 4. To follow a trail 5. To work with others to make patterns 6. To work with a partner to complete challenges 	<ol style="list-style-type: none"> 1. To follow a trail with a partner 2. To play in parachute games 3. To make jumping patterns 4. To create movement patterns 5. To lead a partner in tapping patterns 6. To navigate obstacles