

	<b>Birth to Three</b>	<b>Three- and Four-Year-Olds</b>	<b>Reception</b>
<b>Dance</b>	<p>Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.</p> <p>Clap and stamp to music.</p>	<p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p>	<p>Copy basic body actions and rhythms.</p> <p>Choose and use travelling actions, shapes and balances.</p> <p>Travel in different pathways using the space around them.</p> <p>Begin to use dynamics and expression with guidance.</p> <p>Begin to count to music</p>
<b>Fundamental Movement Skills</b> through fundamentals, fitness and athletics	<p>Lift their head while lying on their front.</p> <p>Push their chest up with straight arms.</p> <p>Roll over: from front to back, then back to front.</p> <p>Spin, roll and independently use ropes and swings (for example, tyre swings).</p> <p>Walk, run, jump and climb –</p>	<p>Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p>	<p>Create shapes showing a basic level of stillness using different parts of their bodies.</p> <p>Begin to take weight on different body parts</p> <p>Show shapes and actions that stretch their bodies.</p> <p>Copy and link simple actions together.</p>

<p><b>Games</b> <i>through ball skills, sending and receiving, invasion, target, net and wall, striking and fielding games</i></p>	<p>Enjoy starting to kick, throw and catch balls.</p> <p>Develop manipulation and control.</p> <p>Explore different materials and tools.</p> <p>Pass things from one hand to the other. Let go of things and hand them to another person, or drop them.</p>	<p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Show a preference for a dominant hand.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p>	<p>Drop and catch with two hands.</p> <p>Move a ball with feet.</p> <p>Throw and roll a variety of beanbags and larger balls to space.</p> <p>Kick larger balls to space.</p> <p>Stop a beanbag or large ball sent to them using hands.</p> <p>Attempt to stop a large ball sent to them using feet.</p> <p>Hit a ball with hands.</p> <p>Run and stop when instructed.</p> <p>Move around showing limited awareness of others.</p> <p>Make simple decisions in response to a situation.</p>
<p><b>Body Management</b> <i>through yoga and gymnastics</i></p>	<p>Walk, run, jump and climb –independently.</p> <p>Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</p>	<p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>Run and stop with some control.</p> <p>Explore skipping as a travelling action.</p> <p>Jump and hop with bent knees.</p> <p>Throwing larger balls and beanbags into space.</p> <p>Balance whilst stationary and on the move</p> <p>Change direction at a slow pace.</p> <p>Explore moving different body parts together</p>

<b>Outdoor Adventurous Activities</b>	-	-	
<b>Swimming</b>			
<b>Evaluation</b>		<p>Can comment on own and others performance</p> <p>Can give comments on how to improve performance.</p>	<p>Use appropriate vocabulary when giving feedback.</p>
<b>Healthy Lifestyles</b>	<p>Can describe the effect exercise has on the body</p>	<p>Make healthy choices about food, drink, activity and toothbrushing.</p>	<p>Know and talk about the different factors that support their overall health and wellbeing:-  regular physical activity-  healthy eating- having a good sleep routine-</p>