

# COMPETING EDSTART

## EYFS - Fundamental Movement Skills Object Control - Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### Children can:

- **Dress with help** (E.g. puts arms into open-fronted coat or shirt when help up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom)
- **Dribble the ball with their feet, keeping it under control**
- **Dribble a ball with their hands in a stationary position**
- **Use their bodies to protect the ball against the defender**
- **Dodge a defender using a variety of different techniques**
- **Know what technique is needed depending on the game and/or ball**
- **Dodge and avoid players on the opposite teams**
- **Understand basic rules of games and follow them**
- **Observe the effects of activity on their bodies**

### Learning Objective

### Learning Outcomes

**1 To dodge an opponent whilst running and change direction quickly**

**Children can:**

- Dodge a defender using a variety of different techniques
- Move away from crowded areas into space
- Negotiate space and obstacles safely, with consideration for themselves and others

**2 To dribble a ball using their hands**

**Children can:**

- Dribble a ball with their hands in a stationary position
- Understand how they need to bounce the ball to keep control
- Start to show a preference for a dominant hand

**3 To dribble a ball using their feet**

**Children can:**

- Dribble a ball with their feet, keeping it under control
- Move in a variety of directions whilst keeping the ball under control
- Demonstrate strength, balance and coordination when playing

**4 To move with a ball using a variety of techniques against an opponent**

**Children can:**

- Play against an opponent and understand how to keep the ball under control
- Know what technique is needed depending on the game and/or ball
- Develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming

**5 To play small games using the techniques learnt**

**Children can:**

- Play small games using the skills learnt throughout the term
- Dodge and avoid players on the opposite teams
- Understand basic rules of games and can follow them

**6 To play small games using the techniques learnt**

**Children can:**

- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball
- Dodge and avoid players on the opposite teams
- Understand basic rules of games and can follow them

## Nursery

### Assessment Mark

### Requirements

#### Working Towards

- Retain key information
- Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
- Enjoy starting to kick, throw and catch balls

#### On Target

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Match their developing physical skills to tasks and activities in the setting
- Go up steps and stairs, or climb up apparatus, using alternate feet
- Start taking part in some group activities which they can make up for themselves, or in teams
- Continue to develop their movement, balancing, riding (Scooters, trikes and bikes) and ball skills

#### Above Target

- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Combine different movements with ease and fluency
- Can identify changes in their own body as an effect of exercise

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

## Reception

### Assessment Mark

### Requirements

#### Working Towards

- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Skip, hop, stand on one leg and hold a pose for a game like musical statues
- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm

#### On Target

- Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing
- Can listen to and follow commands
- Can utilise space, avoiding other pupils and equipment
- Combine different movements with ease and fluency
- Progress towards a more fluent style of moving, with developing control and grace
- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines

#### Above Target

- Negotiate space and obstacles safely, with consideration for themselves and others
- Demonstrate strength, balance and coordination when playing
- Can adapt changes in direction and speed in varied situations
- Further develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.