

PLAYING EDSTART

EYFS - Fundamental Movement Skills Object Control - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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)
- **Start to show a preference for a dominant hand**
- **Roll, throw and catch a ball using a variety of different techniques**
- **Follow the flight of the ball and get their hands/body in line with it**
- **Know when an object is at its highest point, and be able to move their hands towards it**
- **Show different methods of sending an object towards a partner**
- **Observe the effects of activity on their bodies**
- **Know what technique is needed depending on the game and/or ball**

Learning Objective

Learning Outcomes

1 To roll a ball to a target underarm

Children can:

- Understand how to roll the ball successfully
- Understand their arm action whilst rolling a ball
- Start to show a preference for a dominant hand

2 To learn the skill of throwing underarm

Children can:

- Know how they should hold the beanbag/ball whilst throwing underarm
- Stand correctly whilst throwing a ball underarm
- Sometimes catch a beanbag and/or a medium sized ball
- Start to show a preference for a dominant hand

3 To bounce and catch a medium/large sized ball

Children can:

- Catch a large ball
- Bounce the ball and catch it with two hands
- Watch the flight of the ball and meet it with their hands

4 To learn the skill of throwing overarm

Children can:

- Throw a ball underarm with one hand
- Understand their arm action whilst throwing the ball
- Intercept/stop a beanbag whilst in flight
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball

5 To learn how to catch a small piece of equipment using both hands

Children can:

- Follow the flight of the ball and get their hands/body in line with it
- Know when an object is at its highest point and can move their hands towards it
- Develop and refine a range of ball skills including: Throwing, catching, kicking, passing, batting, and aiming

6 To show increasing control over an object in pushing, patting, throwing or catching or kicking it

Children can:

- Track balls and other equipment, moving in line to collect them
- Throw a ball in a variety of ways, depending on the distance it needs to travel
- Develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines
- Show different methods of sending an object towards a partner

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
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group
- 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**.