



Planning Overview
Reception Games

Lesson	Main lesson objectives	Teaching Activities	Learning Outcomes
Jumping	1- The children successfully use various jumping techniques. 2- Children to successfully jump with good elevation. 3- Children to jump over hurdles consistently.	Children to jump in various directions Good use of arms for elevation. Basic use of arm and leg movements to use a variety of jumps with varying range. Children to perform jumps over ladders with consistency.	Children will start to be able to jump confidently over a varying distance. Will understand why we use different parts of our body for elevation. Will be able to jump consistently with balance over ladders.
Balance	1- Maintain a controlled, comfortable balance. 2- Combine techniques from balance and jumping to have	Allow the children to balance on balance domes, teaching them a technique to maintain a	Children will confidently be able to balance on a dome for over 5 seconds.

	<p>controlled movement over ladders.</p> <p>3- Combine techniques from balance and jumping to have controlled movement.</p> <p>4- To use various pieces of equipment to balance on their body.</p>	<p>controlled balance (arms out).</p> <p>Teach the children the body position (straight, head up) to run through ladders with control, composure and balance.</p> <p>Explain to the children various ways of balance (one leg, with beanbag).</p>	<p>Be able to balance pieces of equipment on various parts of their body, and explain what they found easy/difficult.</p> <p>Use the correct body position throughout the ladders, and also involved in other games.</p> <p>Describe and assist their partners with balance work.</p>
<p>Movement and Exploration</p>	<p>1- To experiment the equipment using throwing, catching, balance.</p> <p>2- Compete in relay races using various challenges.</p> <p>3- Compete in a 'tidy up' running challenge.</p>	<p>Children to use a variety of equipment to balance on various parts of their body, whilst still and moving.</p> <p>To compete in a 'Tidy Up' race challenge,</p>	<p>Be able to balance pieces of equipment on various parts of their body.</p> <p>Be able to demonstrate good movement techniques.</p>

		following instructions and working as a team. (Equipment spread out in hall, have to get the same coloured equipment in the same coloured hoop, race against each other).	
Steering and Pushing	<p>1- To use a variety of equipment to steer/push equipment around an area.</p> <p>2- Children to use bat and ball to steer around obstacles.</p>	<p>Use a selection of equipment to 'push and pull' equipment around the room.</p> <p>The children must always concentrate on keeping the ball close to themselves or the piece of equipment they are using.</p>	<p>Children to be able to explain why pushing and pulling is important in various sports (dribbling, close control).</p> <p>To confidently use a variety of equipment to keep control of their ball.</p>
Throwing and Catching	<p>1- Children to practice throwing to aim for skittles and cones.</p> <p>2- Use throwing and catching</p>	<p>Teach the children the basic of throwing both under arm and over arm, and fielding</p>	<p>The children will start to be able to demonstrate a range of throwing and</p>

	<p>to score goals.</p> <p>3- Children to rehearse throwing and catching techniques using stepping-stones.</p> <p>4- To use bean bags to 'move along the moon'.</p> <p>5- Kicking and throwing with accuracy and targets.</p> <p>6- Consistently throw and catch a beanbag using techniques.</p> <p>7- Continuation of throwing and catching, but various sized equipment.</p> <p>8- Children to successfully throw and catch equipment with partner.</p>	<p>techniques.</p> <p>Teach the children two safe methods of catching the ball, catching their own bean bag and catching a partners throw.</p> <p>Support the children to understand when to use the appropriate throwing or catching techniques.</p> <p>Use a variety of equipment to throw, beanbag, tennis balls.</p> <p>Children to rehearse throwing and catching techniques using stepping-stones.</p>	<p>catching techniques with moderate success.</p> <p>Decision making skills for success, appropriate throwing or catching techniques used.</p> <p>Children will confidently be able to catch various equipment of varying sizes.</p>
<p>Passing, Dribbling and Shooting</p>	<p>1- Children to confidently and consistently maintain a bounce with a ball.</p>	<p>The children will practice bouncing the ball with different sized</p>	<p>Children to confidently be able to pass a basketball or a football</p>

	<p>2- Bouncing techniques with introduction to small passing movements.</p> <p>3- Dribble a football maintaining control throughout.</p> <p>4- Kick and catch their own ball.</p> <p>5- To work on passing over a short distance.</p>	<p>balls.</p> <p>The children will spend time manipulating the ball, with different parts of their foot and carry out general ball familiarisation skills.</p> <p>Children to practice kicking the ball in the air with their foot and thigh, have a go with both sides of their body.</p> <p>Children to pass the football with the inside of their foot to a partner.</p> <p>Use passing techniques for basketball (chest pass, bounce pass).</p>	<p>to a partner using correct techniques.</p> <p>Be able to keep control of their ball, either by dribbling or bouncing their ball and use techniques from the 'steering and pushing unit'.</p> <p>Explain to class mates the technique to pass I the chosen sport (e.g. - pass with inside of foot for football).</p>
Fielding	1- Children to explore various sized balls to field and	The children will practice rolling and	Children will successfully be ale to

	<p>throw.</p> <p>2- Moving in line with a moving ball.</p> <p>3- Accurately aim for skittles.</p>	<p>fielding their ball.</p> <p>They will roll the ball away from their body and they will then have to catch up and collect their ball.</p> <p>In between them will be a skittle or two cones and the children will roll the ball and try and hit the skittle or roll the ball in-between the cones.</p>	<p>move in line and field a moving ball.</p> <p>Children will comfortable be able to hit a skittle or a target. Show good aiming position.</p>
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