

Reception PD– Learning Journey
Preparing children for learning in
All subjects including PE in KS1

Develop
handwriting
Fine motor skills
Scissor skills
Holding a pencil
Use paintbrushes
Use small
manipulatives
Use cutlery

Spring

Fine motor skills
Scissor skills
Holding a pencil
Use paintbrushes
Use small
manipulatives
Threading
Folding
Use cutlery

Fine motor skills
Scissor skills
Holding a pencil
Use paintbrushes
Use small
manipulatives
Threading
Folding
Use cutlery

Vocabulary
Movement
Under
Over
Move
Fast
Slow
Catch
Throw
Core
Apparatus
Lift
Carry
Move
Balance
Gymnast

Summer

Develop
fluency in
movements
and core
strength
Develop dance
techniques
Ball skills

Develop core
strength
Use a range of
large and small
apparatus indoors
and outdoors
Develop
gymnastic
movements
Develop ball skills

Autumn

Changing for PE
Move in a
variety of ways.
Learn how to
co-ordinate
movements
Gymnastic
movements