

Physical Literacy - Learning to Move

Reception – Cycle A



Subject Specific Vocabulary

exercise	Moving your body to keep healthy e.g., dancing, playing games/sport.
instructions	A set of words/sentences that tell people how to do an activity/play a game
space	Being in a place where I am not touching people or equipment.

Aspirations

PE Teacher
Athlete

Video/Web Link

Why exercise?

<https://youtu.be/zABU5blkeps?si=2DDIGQB3hQaCY37s>

<https://youtu.be/qUbtJMtV0Mo?si=IYTqwyfrnKgMB5hN>

Find a Local Club

<https://theburydirectory.co.uk/categories/sports>

Sticky knowledge for Physical Literacy

I can name a change that happens to my body when I do exercise (e.g. heart beats faster, I feel happy)

I know that being in space means being in a place where I am not touching people or equipment.

I know that I must listen and follow instructions to play safely.

Physical Literacy Skills

I can perform fundamental movements confidently (jog, jump, hop, balance, skip, moving side to side, change direction)

I can find space safely, without banging into equipment or people.

I can listen to and follow instructions to play a basic game

Significant Figure



Gary Neville

English football commentator and coach.
Former professional player

- Born in Bury
- Co-owner of Salford City Football Club
- Played for Manchester United between 1992 and 2011
- Won 8 Premier League Titles with Manchester United