

PE

<p>Nursery</p>	<ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. 			<p>Physical Development: Gross Motor Skills</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		
<p>Reception</p>	<ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. 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 overall body-strength, balance, co-ordination and agility 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. <p>Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing - sensible amounts of 'screen time' - having a good sleep routine - being a safe pedestrian</p>			<p>Physical Development: Gross Motor Skills</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 		
	<p align="center">1</p>	<p align="center">2</p>	<p align="center">3</p>	<p align="center">4</p>	<p align="center">5</p>	<p align="center">6</p>

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Nursery	Dance moving in sequence Nursery Rhymes	Feet 1	High, low, under Gymnastics			
Reception	Nursery Rhymes Dance	Feet 1	Hands 1	Hands 2	Dance Ourselves	Athletics practice
	Jumping 1	Walking 1	Gymnastics- Moving	Gymnastics High, low, under	Games for understanding	
Year 1	Dance - growing	Gymnastics- body parts	Dance - the zoo	Games for understanding	Locomotion running	Athletics practice
	Multi skills	Games Ball skills- feet	Locomotion Jumping 1	Gymnastics wide, narrow and curled	Games Ball skills- hands 1	Games Ball skills- hands 2
Year 2	Dance - explorers	Games Ball skills- hands 1	Games Ball skills- feet 1	Gymnastics- linking	Games Ball skills- hands 2	Locomotion- jumping
	Multi skills	Team building	Gymnastics- pathways	Locomotion- dodging	Games for understanding	Athletics
Year 3	Games - invasion Hockey	Gymnastics- symmetry/assymetry	Games - invasion Football	Dance	Games- striking/ fielding Rounders	Dance
	Games- invasion Tag Rugby	Outdoor and Adventurous Orienteering- problem solving	Games- invasion Basketball	Athletics- throwing and jumping	Games- striking/ fielding Cricket	Athletics- competitions
Year 4	Games- invasion Tag Rugby	Gymnastics- bridges	Dance	Outdoor and Adventurous Orienteering	Athletics- competitions	Games- striking/ fielding Rounders
	Swimming Athletics- running	Swimming Games- invasion	Swimming Games- net/wall	Swimming Games - invasion	Swimming Games- striking/	Swimming Games - invasion

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		Basketball	Tennis	Netball	fielding Cricket	Handball
Year 5	Games - invasion Netball	Games- invasion Tag Rugby	Games - invasion Hockey	Games- invasion Basketball	Dance	Athletics competitions
	Dance	Gymnastics- counter balance	Outdoor and Adventurous Orienteering	Games- striking/fielding Cricket/ multi skills	Games- net/wall Tennis	Games- invasion Handball
Year 6	Athletics- running	Dance	Games- invasion Basketball	Outdoor and Adventurous Orienteering	Athletics- competitions	Games- striking/ fielding Rounders
	Games- invasion Netball	Games- invasion Football	Gymnastics- matching/ mirroring	Dance	Games- invasion Hockey	Games- net/wall Badminton

KS1 - locomotion (movement)

Dance
Games
Gymnastics
Outdoor and Adventurous
Athletics
Swimming