

PE 2022-2023

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| <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. |

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| | 1 | 2 | 3 | 4 | 5 | 6 |
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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 |

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

KS1 - locomotion (movement)

Dance **Games** **Gymnastics** **Outdoor and Adventurous** **Athletics** **Swimming**