

**PE 2023-2024**

|                         |   |  |
|-------------------------|---|--|
| <p><b>Nursery</b></p>   | <ul style="list-style-type: none"> <li>• Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</li> <li>• Go up steps and stairs, or climb up apparatus, using alternate feet.</li> <li>• Skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Use large-muscle movements to wave flags and streamers, paint and make marks.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• 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.</li> </ul>  | <p><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> |
| <p><b>Reception</b></p> | <ul style="list-style-type: none"> <li>• Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing</li> <li>• Progress towards a more fluent style of moving, with developing control and grace.</li> <li>• 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.</li> <li>• Combine different movements with ease and fluency.</li> <li>• Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</li> <li>• Develop overall body-strength, balance, co-ordination and agility</li> <li>• Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</li> <li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul> <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><b>Physical Development: Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul> |

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|                  | 1  | 2  | 3                              | 4  | 5  | 6  |
|------------------|--|--|--------------------------------|--|--|--|
| <b>Nursery</b>   | Dance moving in sequence<br>Nursery Rhymes | Feet 1   | High, low, under<br>Gymnastics |  |  |  |
| <b>Reception</b> | Nursery Rhymes<br>Dance                    | Feet 1   | Hands 1                        | Hands 2                                    | Dance<br>Ourselves                       | Athletics practice                       |
|                  | Jumping 1                                  | Walking 1  | Gymnastics- Moving             | Gymnastics<br>High, low, under             | Games for<br>understanding               |  |
| <b>Year 1</b>    | Dance - growing                            | Gymnastics- body<br>parts                                      | Dance - the zoo                | Games for<br>understanding                 | Locomotion<br>running                    | Athletics practice                       |
|                  | Multi skills                               | Games<br>Ball skills- feet                                     | Locomotion<br>Jumping 1        | Gymnastics wide,<br>narrow and curled      | Games<br>Ball skills- hands 1            | Games<br>Ball skills- hands 2            |
| <b>Year 2</b>    | Dance - explorers                          | Games<br>Ball skills- hands 1                                  | Games<br>Ball skills- feet 1   | Gymnastics- linking                        | Games<br>Ball skills- hands 2            | Locomotion- jumping                      |
|                  | Multi skills                               | Team building  | Gymnastics-<br>pathways        | Locomotion- dodging                        | Games for<br>understanding               | Athletics                                |
| <b>Year 3</b>    | Games - invasion<br>Hockey                 | Gymnastics-<br>symmetry/assymetry                              | Games - invasion<br>Football   | Dance                                      | Games- striking/<br>fielding<br>Rounders | Dance                                    |
|                  | Games- invasion<br>Tag Rugby               | Outdoor and<br>Adventurous<br>Orienteering-<br>problem solving | Games- invasion<br>Basketball  | Athletics- throwing<br>and jumping         | Games- striking/<br>fielding<br>Cricket  | Athletics-<br>competitions               |
| <b>Year 4</b>    | Games- invasion<br>Tag Rugby               | Gymnastics- bridges  | Dance                          | Outdoor and<br>Adventurous<br>Orienteering | Athletics-<br>competitions               | Games- striking/<br>fielding<br>Rounders |

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

KS1 - locomotion (movement)

Dance                      Games                      Gymnastics                      Outdoor and Adventurous                      Athletics                      Swimming