



P.E Long Term Plan

Reception and KS1: In line with our PE scheme from the PE hub.

Nursery: In line with our 'Healthy Movers' scheme.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
NURSERY Healthy Movers Programme <i>Nursery will choose an activity based on their topic and interests of the children.</i>	Supporting Stability and Balance <i>'Birds in Trees', 'Whatever the Weather', 'Deep Blue Sea', 'Pick up Packets'</i>	Supporting Oral Health <i>'Smiley Brush Brush'</i> Supporting Agility and Locomotion <i>'Pop the Bubble', 'Hide and Seek'</i>	Supporting Body Image and Confidence <i>'We are brilliant'</i>	Supporting Agility and Locomotion <i>'Choo Choo', 'Jungle Journey'.</i>	Supporting Coordination and Object Control <i>'Hot Hot Hot Treasure', 'Wiggle, Weave and Watch', 'Aiming High', 'Steering'.</i>	Supporting Healthy Eating <i>'Munch Crunch 5-a-day', 'Yum Yum'</i>
RECEPTION	Gymnastics To develop confidence in fundamental movements To experience jumping, sliding,	Dance To recognise that actions can be reproduced in time to music; beat patterns	Body management To explore balance and managing own body including manipulating small objects.	Speed agility travel To travel with some control and coordination. To change direction at speed through both	Manipulation and coordination To send and receive a variety of objects with	Cooperate and solve problems To organise and match various items, images, colours and symbols

	<p>rolling, moving over, under and on apparatus</p> <p>To develop coordination and gross motor skills</p>	<p>and different speeds.</p> <p>To perform a wide variety of dance actions both similar and contrasting.</p> <p>To copy, repeat, and perform simple movement patterns.</p>	<p>To stretch, reach, extend in a variety of ways and positions.</p> <p>To control body and perform specific movements on command.</p>	<p>choice and instructions.</p> <p>To perform actions demonstrating changes in speed.</p> <p>To stop, start, pause, prepare for and anticipate movement in a variety of situations.</p>	<p>different body parts.</p> <p>To work with others to control objects in space.</p> <p>To coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</p>	<p>To work with a partner to listen, share ideas, question and choose</p> <p>To collect, distinguish and differentiate colours and create a shape as a team</p> <p>To move confidently and cooperatively in space.</p> <p>To travel in a range of ways.</p>
YEAR 1	<p>Gymnastics</p> <p>To safely move and carry basic gym equipment such as mats or benches.</p>	<p>Dance</p> <p>To perform basic body actions along with music. To use different parts of the body,</p>	<p>Attack, defend, shoot</p> <p>To begin to engage in competitive activities. To roll, slide, or throw a beanbag or ball with accuracy,</p>	<p>Hit, catch, run</p> <p>To catch a medium sized ball thrown over a short distance.</p>	<p>Send and return</p> <p>To send an object using a hand or bat. To move towards a moving ball to</p>	<p>Run, jump, throw</p> <p>To start and stop at speed, run in straight lines using a variety of speeds.</p>

	<p>To recognise like actions and link them together.</p> <p>To perform simple gymnastics actions and shapes.</p> <p>To remember and perform a simple sequence using rolling, travelling, climbing, balancing and jumping.</p> <p>To make their body tense, relaxed, stretched and curled.</p> <p>To perform in unison and canon.</p>	<p>combine leg and arm actions.</p> <p>To perform with an awareness of body shape required.</p> <p>To remember and repeat simple movement patterns.</p> <p>To move with control and show spatial awareness.</p> <p>To, with help, compose a basic movement phrase.</p>	<p>To bounce a medium sized ball to self and attempt to bounce to others.</p> <p>To attempt to intercept and catch a thrown ball.</p>	<p>To intercept, retrieve and stop a beanbag and a medium sized ball with some consistency.</p> <p>To track balls and other equipment sent to them, moving in line with the ball to collect it.</p> <p>To run between bases to score points.</p> <p>To retrieve and return a ball to a base.</p> <p>To use a range of sending skills to put ball into space.</p> <p>To be able to self-feed ball to hit off a hand and strike a ball off a cone.</p>	<p>return with hand or bat.</p> <p>To score positions against opposition over a line/net.</p> <p>To select and apply skills to win points.</p> <p>To chase, stop and control balls and other objects such as beanbags and hoops.</p> <p>To track balls and other equipment sent to them, moving in line with the ball to collect or return.</p>	<p>To attempt a variety of jumps taking off and landing on different foot combinations eg 2 to 1, 1 to 2.</p> <p>To handle and throw a variety of different objects and attempt to throw for distance.</p> <p>To copy and repeat basic movements, for extended periods of time developing stamina.</p> <p>To demonstrate some core strength to hold a variety of shapes and positions.</p> <p>To move a variety of objects quickly showing a range of techniques.</p> <p>To develop agility and coordination skills to competently take part in arrange of activities.</p>
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YEAR 2	<p>Gymnastics</p> <p>To perform with control and consistency basic actions at different speeds and on different levels. To create and perform a simple sequence. To show contrasts in gymnastics shapes and actions. To work to improve flexibility and strength. To attempt to use rhythm whilst performing a sequence. To use core strength to link gymnastic elements. To remember and repeat sequences.</p>	<p>Dance</p> <p>To show some sense of dynamic, expressive and rhythmic qualities in their own dance. To use different parts of the body in isolation and combination. To perform with control and balance and demonstrating coordination. To explore and use basic choreography including levels, speed changes, unison and canon. To move with imagination responding to the music. Perform with expression.</p>	<p>Attack, defend, shoot</p> <p>To send and receive a ball using feet. To link combinations of skills e.g. dribbling and passing with hands in isolation and combination. To send and receive a ball using hands. To play in a variety of positions in both defence and attack.</p>	<p>Hit, catch, run</p> <p>To develop hitting skills with a variety of bats. To practise bowling/ feeding a ball to other players. To run in a game to score points. To attempt to play the role of wicket keeper or backstop. To make attempts to catch balls coming towards player in games.</p>	<p>Send and return</p> <p>To demonstrate basic sending skills in isolation and small groups. To show agility to track the path of a ball over a line/ net and move towards it. To hit a ball using both hand and racket with some consistency. To return a ball coming towards them using their hand or racquet. To play in a modified game and send and receive the ball over line/ net. To start a game using basic serving skills.</p>	<p>Run, jump, throw</p> <p>To develop power, agility, coordination and balance over a variety of activities. To throw and handle a variety of objects including quoits, beanbags, balls and hoops. To negotiate obstacles showing increased control of body and limbs. To use agility in running games. To apply skills in a variety of activities/. To practise to improve skills.</p>
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