

		AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
Year 1	Physical Education	<p><b><u>Fundamentals</u></b> Balancing, sprinting, joggin, dodging, jumping, hopping, skipping</p> <p><b><u>Ball Skills</u></b> Rolling, kicking, throwing, catching, bouncing, dribbling</p>	<p><b><u>Gymnastics</u></b> Travelling actions, shapes, balances, jumps, carrel roll, straight roll, teddy bear roll</p> <p><b><u>Sending and Receiving</u></b> Rolling, catching, throwing, catching, tracking</p>	<p><b><u>Dance</u></b> Travel, copying and performing actions, using shape, balance, coordination</p> <p><b><u>Fitness</u></b> Running, co-ordination, stamina, strength, agility, balance</p>	<p><b><u>Invasion</u></b> Throwing and catching, kicking, dribbling with hands and feet, dodging, finding a space</p> <p><b><u>Team Building</u></b> Balancing, travelling actions, communication</p>	<p><b><u>Net and Wall</u></b> Throwing, catching, hitting a ball, tracking a ball</p> <p><b><u>Yoga</u></b> Stretching, breathing</p>	<p><b><u>Striking and Fielding</u></b> Throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p><b><u>Athletics</u></b> Running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance</p>
Year 2	Physical Education	<p><b><u>Fundamentals</u></b> Balancing, sprinting, joggin, dodging, jumping, hopping, skipping</p> <p><b><u>Ball Skills</u></b> Rolling, kicking, throwing, catching, bouncing, dribbling, tackling</p>	<p><b><u>Gymnastics</u></b> Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll</p> <p><b><u>Sending and Receiving</u></b> Rolling, kicking, throwing, catching</p>	<p><b><u>Dance</u></b> Travel, copying and performing actions, using dynamics, pathway, expression and speed</p> <p><b><u>Team Building</u></b> Balancing, travelling actions, communication, jumping</p>	<p><b><u>Invasion</u></b> Throwing and catching, kicking, dribbling with hands and feet, dodging, finding space</p> <p><b><u>Fitness</u></b> Running, co-ordination, stamina, strength, agility, balance</p>	<p><b><u>Striking and Fielding</u></b> Throwing and catching, tracking a ball, bowling, batting</p> <p><b><u>Athletics</u></b> Running at different speeds, jumping for distance, throwing for distance</p>	<p><b><u>Net and Wall</u></b> Throwing, catching, racket skills, ready position, hitting a ball</p> <p><b><u>Yoga</u></b> Stretching, breathing</p>

	Autumn Term	Spring Term	Summer Term			
Characteristics of Effective Learning	<b>Curriculum</b> • Gymnastics, Dance, Simple Games and Fundamentals					
	<b>Playing and exploring - engagement</b> Finding out and exploring Playing with what they know Being willing to 'have a go	<b>Active learning - motivation</b> Being involved and concentrating Keeping trying Enjoying achieving what they set out to do	<b>Creating &amp; thinking critically - thinking</b> Having their own ideas Making links Choosing ways to do things			
Area of learning	Areas of learning - <b>Physical Development</b> <b>Gross motor skills</b>	<b>Expressive Arts and Design</b> <b>Being imaginative and expressive</b>				
Aspects						
Development Statements	<p><b>Birth to three</b></p> <ul style="list-style-type: none"> <li>- Enjoy starting to kick, throw and catch balls.</li> <li>- Walk, run, jump and climb - start to use stairs independently.</li> <li>- Develop manipulation and control</li> </ul> <p><b>Three and four year olds</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>- Skip, hop, stand on one less and hold a pose for a game.</li> <li>- Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>- Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</li> </ul> <p><b>Children in Reception</b></p> <p>Revise and refine the fundamental movements skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</p> <ul style="list-style-type: none"> <li>- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future PE session sessions e.g. dance, gymnastics and swimming.</li> <li>- Combine different movements with fluency and ease.</li> <li>- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> </ul> <p><b>Early Learning goal</b></p> <p>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>		<p><b>Birth to three</b></p> <ul style="list-style-type: none"> <li>- Show attention to sounds and music.</li> <li>- Respond emotionally and physically to music.</li> <li>- Move and dance to music</li> </ul> <p><b>Three and four year olds</b></p> <ul style="list-style-type: none"> <li>- Listen with increased attention to sound</li> <li>- Respond to what they have heard through expressive their thoughts and feelings.</li> </ul> <p><b>Children in Reception</b></p> <ul style="list-style-type: none"> <li>- Create collaboratively, sharing ideas, resources and skills</li> <li>- Listen attentively, move to and talk about music, expressing their feelings and responses.</li> <li>- Explore and engage in music making and dance, performing solo or in groups.</li> </ul> <p><b>Early Learning goal</b></p> <p>Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.</p>			
		Please also refer to Prime Areas of Learning - <b>Communication and Language</b> , <b>Personal, Social and Emotional Development</b> and <b>Physical Development</b> , which underpin all learning.				
Unit Overview	<b>TERM 1</b>	<b>TERM 2</b>	<b>TERM 3</b>	<b>TERM 4</b>	<b>TERM 5</b>	<b>TERM 6</b>
	Introduction to PE	Dance	Gymnastics	Fundamentals	Ball Skills	Games