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| **Nursery** | **Reception** | **P.E & Skills (Nursery to do unit 1 Reception Unit 2)** | **CP** |
| * Skip, hop, stand on one leg and hold a pose for a game like musical statues. * Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. * Use one-handed tools and equipment * Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills | * Be able to perform the following movements.:   • rolling  • crawling  • walking  • jumping  • running  • hopping  • skipping  • climbing   * To be able to move in a fluid style with grace and control * 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. * 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. * 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.   **ELG**   * 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. | **Introduction to P.E**   * To move around safely in space. * To follow instructions and stop safely. * To stop safely and develop control when using equipment. * To follow instructions and play safely as a group. * To follow a path and take turns. * To work co-operatively with a partner.   **Ball Skills**   * To develop rolling and tracking a ball. * To develop accuracy when throwing to a target. * To develop dribbling with hands. * To develop throwing and catching with a partner. * To develop dribbling a ball with your feet. * To develop kicking a ball to a target.   **Dance**   * To use counting to help to stay in time with the music when copying and creating actions. * To be able to move safely with confidence and imagination, communicating ideas through movement. * To explore movement using a prop with control and co-ordination. * To move with control and coordination, expressing ideas through movement. * To move with control and coordination, copying, linking and repeating actions. * To remember and repeat actions, exploring pathways and shapes.   **Fundamentals**   * To develop balancing. * To develop running and stopping. * To develop changing direction. * To develop jumping. * To develop hopping. * To explore different ways to travel using equipment.   **Games**   * To develop accuracy when throwing and practise keeping score. * To follow instructions and move safely when play tagging games. * To learn to play against an opponent. * To play by the rules and develop coordination. * To explore striking a ball and keeping score. * To work co-operatively as a team.   **Gymnastics**   * To create short sequences using shapes, balances and travelling actions. * To develop balancing and safely using apparatus. * To develop jumping and landing safely from a height. * To develop rocking and rolling. * To explore travelling around, over and through apparatus. * To create short sequences linking actions together and including apparatus. | * Balance bikes * Climbing frame * Opportunities to run, jump etc. always available * Balance boards * Obstacle courses with the big bricks * Hula hoops * Types * Stilts * Pop lacrosse * Bean bags * Swing * Scooters * Mat |
| **Key Vocabulary** | | | |