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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** |