

	Autumn		Spring		Summer	
	1	2	1	2	1	2
Nursery	<p>To move safely and sensibly in a space with consideration of others.</p> <p>To develop moving safely and stopping with control.</p> <p>To use equipment safely and responsibly.</p> <p>To use different travelling actions whilst following a path.</p> <p>To work with others co-operatively and play as a group.</p> <p>To follow, copy and lead a partner.</p>	<p>To develop balancing whilst stationary and on the move.</p> <p>To develop running and stopping.</p> <p>To develop changing direction.</p> <p>To develop jumping and landing.</p> <p>To develop hopping and landing with control.</p> <p>To explore different ways to travel.</p>	<p>To develop rolling a ball to a target.</p> <p>To develop stopping a rolling ball.</p> <p>To develop accuracy when throwing to a target.</p> <p>To develop bouncing and catching a ball.</p> <p>To develop dribbling a ball with your feet.</p> <p>To develop kicking a ball.</p>	<p>To copy and create shapes with your body.</p> <p>To be able to create shapes whilst on apparatus.</p> <p>To develop balancing and taking weight on different body parts.</p> <p>To develop jumping and landing safely.</p> <p>To develop rocking and rolling.</p> <p>To copy and create short sequences linking actions together.</p>	<p>To use counts of 8 to know when to change action.</p> <p>To explore different body parts and how they move and remember and repeat actions.</p> <p>To express and communicate ideas through movement exploring directions and levels.</p> <p>To copy and repeat actions showing confidence and imagination.</p> <p>To move with control and coordination, linking, copying and repeating actions.</p>	<p>To work safely and develop running and stopping.</p> <p>To develop throwing and learn how to keep score.</p> <p>To be able to play games showing an understanding of the different roles within it.</p> <p>To follow instructions and move safely when playing tagging games.</p> <p>To work co-operatively and learn to take turns.</p> <p>To work with others to play team games.</p>
Reception	<p>To move around safely in space.</p> <p>To follow instructions and stop safely.</p> <p>To stop safely and develop control when using equipment.</p> <p>To follow instructions and play safely as a group.</p> <p>To follow a path and take turns.</p> <p>To work co-operatively with a partner.</p>	<p>To develop balancing.</p> <p>To develop running and stopping.</p> <p>To develop changing direction.</p> <p>To develop jumping.</p> <p>To develop hopping.</p> <p>To explore different ways to travel using equipment.</p>	<p>To develop rolling and tracking a ball.</p> <p>To develop accuracy when throwing to a target.</p> <p>To develop dribbling with hands.</p> <p>To develop throwing and catching with a partner.</p> <p>To develop dribbling a ball with your feet.</p> <p>To develop kicking a ball to a target.</p>	<p>To create short sequences using shapes, balances and travelling actions.</p> <p>To develop balancing and safely using apparatus.</p> <p>To develop jumping and landing safely from a height.</p> <p>To develop rocking and rolling.</p> <p>To explore travelling around, over and through apparatus.</p> <p>To create short sequences linking actions together and including apparatus.</p>	<p>To use counting to help to stay in time with the music when copying and creating actions.</p> <p>To be able to move safely with confidence and imagination, communicating ideas through movement.</p> <p>To explore movement using a prop with control and co-ordination.</p> <p>To move with control and coordination, expressing ideas through movement.</p> <p>To move with control and coordination, copying, linking and repeating actions.</p>	<p>To develop accuracy when throwing and practise keeping score.</p> <p>To follow instructions and move safely when play tagging games.</p> <p>To learn to play against an opponent.</p> <p>To play by the rules and develop coordination.</p> <p>To explore striking a ball and keeping score.</p> <p>To work co-operatively as a team.</p>
	<p>-Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>-Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips</p> <p>-Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>-Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>-Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>-Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes - personal hygiene</p> <p>-Use one-handed tools and equipment</p> <p>-Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>-Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>-Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>-Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <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>Gross motor skills</p> <p>-Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>-Demonstrate strength balance and coordination when playing</p> <p>Move energetically such as running, jumping, dancing, hopping, skipping and climbing</p> <p>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.</p>					

	Autumn		Spring		Summer	
	1	2	1	2	1	2
Year 1/2 Cycle A	Invasion Games 1	Gymnastics 1	Dance 1	Target Games 1	Striking and Fielding 1	Athletics 1
	Team Building 1	Fundamentals 1	Fitness 1	Yoga 1	Ball Skills 1	Sending and Receiving 1
Year 1/2 Cycle B	Invasion Games 2	Gymnastics 2	Dance 2	Target Games 2	Striking and Fielding 2	Athletics 2
	Team Building 2	Fundamentals 2	Fitness 2	Yoga 2	Ball Skills 2	Sending and Receiving 2
Year 3/4 Cycle A	Fundamentals	Gymnastics	Fitness	Handball	Tennis	Football
	Basketball	Ball Skills	Dance	Yoga	Athletics	Rounders
Year 3/4 Cycle B	Tag rugby	Gymnastics	Fitness	Dodgeball	Tennis	Cricket
	Netball	Ball Skills	Dance	Hockey	Athletics	OAA
Year 5/6 Cycle A	Tag Rugby 5/6	Gymnastics 5	Dance Y5	Tennis 5	Athletics Y5	Football 5/6
	Netball 5/6	Yoga 5/6	Volleyball 5/6	Fitness 5/6	OAA 5	Rounders 5/6
Year 5/6 Cycle B	Handball 5/6	Gymnastics 6	Dance Y6	Golf 5/6	Athletics Y6	Cricket 5/6
	Hockey 5/6	Fitness 5/6	Badminton 5/6	Basketball 5/6	OAA 6	Tennis 6