

Reception

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Cooperation games i.e., parachute games.</p> <p>Climbing – outdoor equipment</p> <p>Different ways of moving to be explored with children</p> <p>Changing for PE / Help individual children to develop good personal hygiene. Acknowledge and praise their efforts.</p> <p>Provide regular reminders about thorough handwashing and toileting.</p>	<p>Ball skills- throwing and catching.</p> <p>Crates play- climbing.</p> <p>Skipping ropes in outside area</p> <p>dance related activities</p> <p>Provide a range of wheeled resources for children to balance, sit or ride on, or pull and push. Two-wheeled balance bikes and pedal bikes without stabilisers, skateboards, wheelbarrows, prams and carts are all good options</p>	<p>Ball skills- aiming, dribbling, pushing, throwing & catching, patting, or kicking</p> <p>Ensure that spaces are accessible to children with varying confidence levels, skills and needs.</p> <p>Provide a wide range of activities to support a broad range of abilities.</p> <p>Dance / moving to music</p> <p>Gymnastics/ Balance</p>	<p>Balance- children moving with confidence</p> <p>dance related activities</p> <p>Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce.</p> <p>Use picture books and other resources to explain the importance of the different aspects of a healthy lifestyle.</p>	<p>Obstacle activities children moving over, under, through and around equipment</p> <p>Encourage children to be highly active and get out of breath several times every day. Provide opportunities for children to, spin, rock, tilt, fall, slide and bounce.</p> <p>Dance / moving to music</p>	<p>Races / team games involving gross motor movements</p> <p>dance related activities</p> <p>Allow less competent and confident children to spend time initially observing and listening, without feeling pressured to join in.</p> <p>Gymnastics/ Balance</p>

Year 1

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<p>Fundamentals</p> <p>Can change direction when moving at speed.</p> <p>Can run at different speeds.</p> <p>Can show hopping and jumping movements.</p> <p>Can show balance and co-ordination when static and moving at a slow speed.</p>	<p>Dance</p> <p>Copy, remember and repeat actions.</p> <p>Use different body parts in isolation and together.</p> <p>Choose appropriate movements for different dance ideas.</p> <p>Can work with others to share ideas and select actions.</p> <p>Begin to use counts.</p>	<p>Gymnastics</p> <p>Can link simple actions together to create a sequence.</p> <p>Can make my body tense, relaxed, stretched and curled.</p> <p>Can remember and repeat actions and shapes.</p> <p>Can use apparatus safely and wait for my turn.</p>	<p>Games Ball skills</p> <p>Dribble a ball with hands and feet.</p> <p>Catch a ball with two hands.</p> <p>Roll and throw with some accuracy towards a target.</p> <p>Track a ball that is coming towards them.</p> <p>Begin to understand simple tactics.</p> <p>(SAINTS)</p>	<p>Athletics</p> <p>Run at different speeds.</p> <p>Begin to show balance and co-ordination when changing direction.</p> <p>Jump from a standing position.</p> <p>Throw towards a target.</p> <p>Develop overarm throwing.</p> <p>Begin to understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</p> <p>(SAINTS)</p>	<p>Invasion Games</p> <p>Beginning to dribble a ball with my hands and feet.</p> <p>Change direction to get away from a defender.</p> <p>Recognise space when playing games.</p> <p>Send and receive a ball with hands and feet.</p> <p>Move to stay with another player when defending.</p>

Year 2

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Fundamental</p> <p>Can show balance when changing direction.</p> <p>Can show hopping, skipping and jumping movements with some balance and control.</p> <p>Can show balance and co-ordination when running at different speeds.</p> <p>Begin to turn and jump with an individual skipping rope.</p>	<p>Games</p> <p>Ball skills</p> <p>Dribble a ball with hands and feet with some control.</p> <p>Roll and throw a ball to hit a target.</p> <p>Send and receive a ball using both kicking and throwing and catching skills.</p> <p>Track a ball and collect it.</p> <p>Understand and use simple tactics.</p> <p>(SAINTS)</p>	<p>Gymnastics</p> <p>Can perform the basic gymnastics actions with some control and balance.</p> <p>Can plan and repeat simple sequences of actions.</p> <p>Can use shapes when performing other skills.</p> <p>Can work safely with others and apparatus.</p>	<p>Invasion Games</p> <p>Dodge and find space away from the other team.</p> <p>Move with a ball towards goal.</p> <p>Dribble a ball with hands and feet.</p> <p>Stay with another player to try and win the ball.</p> <p>Know who is in my team and attempt to send the ball to them.</p> <p>(SAINTS)</p>	<p>Athletics</p> <p>Jump and land with control.</p> <p>Use overarm throw to help me throw for distance.</p> <p>Show balance and co-ordination when running at different speeds.</p>	<p>Dance</p> <p>Can copy, remember, repeat and create dance phrases.</p> <p>Can use counts to stay in time with the music.</p> <p>Can work with a partner using mirroring and unison in our actions.</p> <p>Can show a character and idea through the actions and dynamics I choose.</p>