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| **Skills**  | NurseryAutumn | NurserySpring | NurserySummer | ReceptionAutumn | ReceptionSpring | ReceptionSummer |
| **Gross Motor Skills** | **PE – Walking**  | **PE – Hands** | **PE – High, Low, Over, Under** | **PE - Ourselves** | **PE – Feet 1** | **PE – Games for Understand**  |
| -Enjoy starting to kick, throw and catch balls.-Sit on a push-along wheeled toy, use a scooter, or ride a tricycle.-Go up steps and stairs, or climb up apparatus, using alternate feet.-Use large-muscle movements to wave flags or streamers, paint and make marks.  | -Continue to develop their movement, balancing and riding and ball skills.-Skip, hop, stand on one leg and hold a pose for a game like musical statues.-Match their developing physical skills to tasks and activities in the setting e.g. walk across a plank or crawl through a tunnel. -Collaborate with others to manage large items such as moving a long plank safely or carrying large hollow blocks.   | -Start taking part in some group activities, which they make up for themselves or in teams. -Are increasingly able to use and remember sequences and patterns of movements, which are related to music and rhythm. -Choose the right resources to carry out their own plan e.g. choosing a spade to dig out a small hole they dug with a trowel.  | -Revise and refine fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing.-Uses their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. -Confidently and safely, use a range of large and small apparatus indoors and outside, alone and in a group. -Further develop the skills they need to manage the school day successfully e.g. lining up and queuing, mealtimes, and personal hygiene.***-Negotiate space and obstacles safely. -Demonstrate balance when playing.-Move energetically, such as running, jumping, and climbing.***  | -Progress towards a more fluent style of moving, with developing control and grace. -Combine different movements with ease and fluency.-Develop overall body- strength, balance, co- ordination, and agility. -Further develop and refine a range of ball skills. ***-Negotiate space and obstacles safely, with consideration for themselves.-Demonstrate balance and coordination when playing. -Move energetically, such as running, jumping, dancing, and climbing.***  | -Develop the overall body strength, co-ordination, balance, and agility needed to engage successfully in future physical education session and other physical disciplines including dance, gymnastics, sport, and swimming. -Develop confidence, competence, precision, and accuracy when engaging in activities that involve a ball. ***-Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrates strength, balance and co-ordination when playing.*** ***-Move energetically, such as running, jumping, dancing, hopping, skipping, and climbing***  |

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| **Year 1 (KS1 Skills)** |
| **Dance**  | Copies and explores basic movements and body patterns Remembers simple movements and dance steps Links movements to sounds and music. Responds to range of stimuli.  |
| **Gym** | Copies and explores basic movements with some control and coordination- on feet and hands and feet. Can perform different body shapes Can perform 2 footed jumps Can use equipment safely Balances with some control on front and back. Can link 2-3 simple movements Develops control with different rolls- pencil roll, egg roll, circle roll.  |
| **Games** | Can travel in a variety of ways including running and jumping. Beginning to perform a range of throws. Receives a ball with basic control Beginning to develop hand-eye coordination Participates in simple games  |
| **Athletics** | Can run at different speeds and recognise differences. Can jump from a standing position and begin to explore basic jumps (2-2, 2-1, 1-2, 1-1). Performs a variety of throws with basic control.  |
| **Evaluation**  | Can comment on own performance Can use appropriate vocabulary to describe performance.  |
| **Healthy Lifestyles**  | Identify that exercise has an effect on the body. Understand that exercise is important to keep us healthy.  |