

Autumn 1 Introduction to PE 1 Fundamentals 1		Autumn 2 Introduction to PE 2 Fundamentals 2		Spring 1 Dance 1 Basic Skills 1		Spring 2 Dance 2 Basic Skills 2		Summer 1 Gymnastics 1 Games 1		Summer 2 Gymnastics 2 Games 2	
Introduction to PE 1 Indoor	Children will be introduced to physical education and structured movement through the topic of 'fantasy and adventure'. Basic principles will include: finding space, freezing on command, using and sharing equipment and working individually and with others. Movement skills will include running, skipping and jumping. • To move safely and sensibly in a space with consideration of others. • To develop moving safely and stopping with control. • To use equipment safely and responsibly. • To use different travelling actions whilst following a path. • To work with others co-operatively and play as a group. • To follow, copy and lead a partner. Short Step Progression Links <i>Skip, hop, stand on one leg and hold a pose for a game like musical statues. (N)</i> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.	Introduction to PE 2 Indoor	Children will be introduced to structured movement through the topic 'everyday life'. Basic principles will include: using space, stopping safely, using and sharing equipment and working individually and with others. Movement skills will include running, skipping and jumping. • 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. Short Step Progression Links <i>Skip, hop, stand on one leg and hold a pose for a game like musical statues. (N)</i> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.	Dance 1 Indoor	Children will develop their expressive movement through the topic 'everyday life'. They will explore safe and how to use space safely. Skills will include exploring travelling movements, shapes and balances. Children will begin to choose their own actions in response to a stimulus. They will be given the opportunity to copy, repeat, and remember actions. Counting will be used to help them keep in time to the music and they will also have the opportunity to perform and provide simple feedback. • To explore different body parts and how they move. • To explore different body parts and how they move and remember and repeat actions. • To express and communicate ideas through movement exploring directions and levels. • To create movements and adapt and perform simple dance patterns. • To copy and repeat actions showing confidence and imagination. • To move with control and co-ordination, linking, copying and repeating actions. Short Step Progression Links <i>Start taking part in some group activities which they make up for themselves, or in teams. (N)</i> <i>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. (N)</i> Progress towards a more fluent style of moving, with	Dance 2 Indoor	Children will develop their expressive movement through the topic 'places and dance through the world around them'. They will explore safe and how to use space safely. Skills will include exploring travelling movements, shapes and balances. Children will begin to choose their own actions in response to a stimulus. They will be given the opportunity to copy, repeat, and remember actions. Counting will be used to help them keep in time to the music and they will also have the opportunity to perform and provide simple feedback. • To copy, repeat and explore actions in response to a theme. • To explore and remember actions considering level, shape and direction. • To explore movement using a prop with control and co-ordination. • To move with control and co-ordination, expressing ideas through movement. • To remember and repeat actions moving in time with the music. • To explore actions in response to a theme and begin to use counts. Short Step Progression Links <i>Start taking part in some group activities which they make up for themselves, or in teams. (N)</i> <i>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. (N)</i> Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education	Gymnastics 1 Indoor	Children will develop their basic gymnastics skills through the topic 'animals and their habitats'. Children explore creating shapes, balances and jumps and begin to develop rocking and rolling. Children should now have an awareness of space, how to use it safely and perform basic skills both on the floor and apparatus. They will copy, create, remember and repeat short sequences - beginning to use levels and directions when travelling and balancing. • To copy and create shapes with your body. • To be able to create shapes whilst on apparatus. • To develop balancing and taking weight on different body parts. • To develop jumping and landing safely. • To develop rocking and rolling. • To copy and create short sequences by linking actions together. Short Step Progression Links Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility. Progress towards a more fluent style of moving, with developing control and grace.	Gymnastics 2 Indoor	Children will develop their basic gymnastics skills through the topic 'traditional tales' including: 'Jack and the Beanstalk', and 'Goldilocks and the Three Bears'. Children explore creating shapes, balances, jumps and rolls. They will develop an awareness of space and how to use space safely and perform basic skills both on the floor and the apparatus. Children will copy, create, remember and repeat short sequences as well as beginning to understand the use of levels and direction when travelling and balancing. • 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 sequences using apparatus. Short Step Progression Links Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility. Progress towards a more fluent style of moving, with developing control and grace. 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. Combine different movements with ease and fluency.

					developing control and grace. 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. Combine different movements with ease and fluency.		sessions and other physical disciplines including dance, gymnastics, sport and swimming. Combine different movements with ease and fluency.		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. Combine different movements with ease and fluency. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG) Negotiate space and obstacles safely, with consideration for themselves and others. (ELG)		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG) Negotiate space and obstacles safely, with consideration for themselves and others. (ELG)
Fundamentals 1 Outdoor	Children will develop their fundamental movement skills through the topic 'all about me'. Gross motor skills will include balancing, running, changing, direction, jumping, hopping and travelling. They will learn how to stay safe using space, following instructions and working independently and with others. • To develop balancing whilst stationary and on the move. • To develop running and stopping. • To develop changing direction. • To develop jumping and landing. • To develop hopping and landing with control. •To explore different ways to travel. Short Step Progression Links	Fundamentals 2 Outdoor	Children will develop their fundamental movement skills through the topic 'places and spaces'. Children will develop skills of balancing, running, jumping, hopping, travelling and changing direction. Children will develop fine and gross motor skills through handling equipment. • 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. Short Step Progression Links <i>Skip, hop, stand on one leg and hold a pose for a game like musical statues. (N)</i> Revise and refine the fundamental movement	Basic Skills 1 Outdoor	Children will develop their ball skills through the topic of 'minibeasts'. Fundamental skills will include: rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Fine and gross motor skills will develop through game play using a variety of equipment. • To develop rolling a ball to a target. • To develop stopping a rolling ball. • To develop accuracy when throwing to a target. • To develop bouncing and catching a ball. • To develop dribbling a ball with your feet. • To develop kicking a ball.	Basic Skills 2 Outdoor	Children will develop their ball skills through the topic of 'weather'. Fundamental skills will include: throwing and catching, rolling a ball, using targets, dribbling with feet and bouncing and catching a ball. Fine and gross motor skills will develop through game play using balls. Children will develop decision making and using simple tactics. • 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. Short Step Progression Links Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education	Games 1 Outdoor	Children will develop their understanding of playing games through the topic of 'transport'. They will practice and further develop fundamental movement skills through playing games. Children will: learn how to score, play by the rules, how to work with a partner/ team, and how to behave when winning or losing. • To work safely and develop running and stopping. • To develop throwing and learn how to keep score. • To play games showing an understanding of the different roles within it. • To follow instructions and move safely when playing tagging games.	Games 2 Outdoor	Children will practice and further develop fundamental movement skills through the topic of 'all around the world'. They will further develop these skills through playing a variety of games. Children will: learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules. • To aim when throwing and practise keeping score. • To follow instructions and move safely when play tagging games. • To learn to play against a partner. • To develop co-ordination and play by the rules. • To explore striking a ball and keeping score. • To work co-operatively as a team. Short Step Progression Links Further develop and refine a range of ball skills including

	<i>Skip, hop, stand on one leg and hold a pose for a game like musical statues. (N)</i> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.		skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, coordination and agility.		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. Use 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 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.		sessions and other physical disciplines including dance, gymnastics, sport and swimming. Use 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 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.		• To work co-operatively and learn to take turns. • To work with others to play team games. <u>Short Step Progression Links</u> Further 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. Negotiate space and obstacles safely, with consideration for themselves and others. (ELG) Demonstrate strength, balance and coordination when playing. (ELG) Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG)		throwing, catching, kicking, passing, batting and aiming. 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. (ELG) Demonstrate strength, balance and coordination when playing. (ELG) Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. (ELG)
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