

P.E Overview of topics covered

Year Group	Autumn	Spring	Summer
N Nursery Cycle 1 Physical Development – PD 2023 – 2024	<p>Traditional ring games – getting used to working together / following instructions and going in the hall.</p> <p>Dance – Let's Move Traditional ring games – getting used to working together / following instructions and going in the hall.</p> <p>Dance – Let's Move Seasons and Christmas</p>	<p>Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither)</p> <p>Mats and bench (gymnastics) and spatial awareness / use of body parts to begin to take weight.</p> <p>Dance – Small steps Big moves Let's Move: Space and 'Walking on the moon'.</p>	<p>Sequencing movements – mats / benches and large apparatus extending ideas of moving using different parts of the body.</p> <p>Throwing and catching – beanbags and balls including games with simple rules</p> <p>Aiming and throwing – beanbags and targets</p> <p>Athletics and team games</p>
N Nursery Cycle 2 Physical Development – PD 2024 – 2025	<p>Traditional ring games – getting used to working together / following instructions and going in the hall.</p> <p>Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither)</p> <p>Dance – Small steps Big moves Also Let's Move – Autumn, Nursery Rhymes, The Enormous Turnip and 'Twas the night before Christmas.</p>	<p>Mats / soft play – developing core control and investigating body movement (jump, hop, skip, slither)</p> <p>Mats and bench (gymnastics) and spatial awareness / use of body parts to begin to take weight.</p> <p>Dance – Small steps Big moves Also Let's Move – we've got rhythm and African Dance + toys using Espresso song ' Jack in the box'.</p>	<p>Sequencing movements – mats / benches and large apparatus extending ideas of moving using different parts of the body.</p> <p>Throwing and catching – beanbags and balls including games with simple rules</p> <p>Aiming and throwing – beanbags and targets</p> <p>Athletics and team games.</p>

<p>R Reception Cycle 1 Physical Development – PD 2023 – 2024</p>	<p>Throwing and catching</p> <p>Simple games with rules</p> <p>Dance – all term</p> <p><u>Autumn 1 – Theme .. ‘I can’</u> Introduction to the basic 5 skills of dance – jump, roll, turn, travel and stillness. Focus on balance and natural co-ordination.</p> <p><u>Autumn 2 – Theme .. Fairy Tales</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on developing basic combination of steps in a fluent way.</p>	<p>Mats and bench (gymnastics) and spatial awareness.</p> <p>Dance – all term</p> <p><u>Spring 1 - Theme .. space</u> Introduction of new sequences / combinations to develop body strength, co-ordination and agility. Focus on different types of music – group work and solo.</p> <p><u>Spring 2- Theme ..Three Billy Goats Gruff</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on watching and using professional works and study of a choreographer.</p>	<p>Sequencing movements – mats / benches and large apparatus.</p> <p>Athletics and team games</p> <p>Dance – all term</p> <p><u>Summer 1 - Theme .. ugly duckling</u> Performing in groups, expressing performance skills. Focus on the 5 basic skills of dance and link them to make a ‘motif’.</p> <p><u>Summer 2 - Theme ..element of dance - Jive</u> Perform in groups a sequence that incorporates a combination of different movements. Focus on balance and control.</p>
<p>R Reception Cycle 2 Physical Development – PD 2024 – 2025</p>	<p>Throwing and catching</p> <p>Simple games with rules</p> <p>Dance – all term</p> <p><u>Autumn 1 – Theme .. ‘I can’</u> Introduction to the basic 5 skills of dance – jump, roll, turn, travel and stillness. Focus on balance and natural co-ordination.</p> <p><u>Autumn 2 – Theme .. Fairy Tales</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on developing basic combination of steps in a fluent way.</p>	<p>Mats and bench (gymnastics) and spatial awareness.</p> <p>Dance – all term</p> <p><u>Spring 1 - Theme .. toys</u> Introduction of new sequences / combinations to develop body strength, co-ordination and agility. Focus on different types of music – group work and solo.</p> <p><u>Spring 2- Theme .. cultural</u> Extend basic skills of dance and develop a small amalgamation piece working with a partner. Focus on watching and using professional works and study of a choreographer.</p>	<p>Sequencing movements – mats / benches and large apparatus.</p> <p>Athletics and team games</p> <p>Dance – all term</p> <p><u>Summer 1 - Theme .. ugly bug ball</u> Performing in groups, expressing performance skills. Focus on the 5 basic skills of dance and link them to make a ‘motif’.</p> <p><u>Summer 2 - Theme ..the 4 elements</u> Perform in groups a sequence that incorporates a combination of different movements. Focus on balance and control.</p>

1	Gymnastics Gymnastics Tennis- All Term	Gymnastics Dance Tennis- All Term	Rounders Games – Running, jumping, throwing and catching Tennis- All Term
2	Gymnastics Games – Ball skills Dance	Dance Games- Skills based Gymnastics	Games - Ball skills (barriers) and competitions Dance
3	Gymnastics Games – Netball Dance	Gymnastics- Rhythmic Dance Games – Tennis Games - Basketball	Athletics Outdoor & Adventure Athletics Games- Rounders
4	Games – Netball Games –Hockey Dance Outdoor & Adventure activities	Gymnastics Games – Football and Tennis	Outdoor & Adventure activities Athletics

5	Games – Football Games - Hockey Dance Gymnastics	Swimming Dance Gymnastics Outdoor & Adventure activities	Games – Cricket Games - Rounders Games- Tennis Athletics
6	Swimming Dance - Cheerleading Circuit training	Dance – Line dancing Games - Tennis Gymnastics	Games – Cricket Games- Basketball Outdoor & Adventure activities