

P.E Overview of topics covered

Year Group	Autumn	Spring	Summer
<p align="center">N</p> <p>Nursery Cycle 1 Physical Development – PD 2025 – 2026</p>	<p>Traditional ring games – getting used to working together / following instructions and going in the hall.</p> <p>Dance – Let’s Move</p> <p>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 –</p> <p>Small steps Big moves</p> <p>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>
<p align="center">N</p> <p>Nursery Cycle 2 Physical Development – PD 2024 – 2025</p>	<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 –</p> <p>Small steps Big moves</p> <p>Also Let’s Move – Nursery Rhymes, The Enormous Turnip and</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 –</p> <p>Small steps Big moves</p> <p>Also Let’s Move – we’ve got rhythm</p> <p>+ 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 2025 – 2026</p>	<p>Throwing and catching Simple games with rules 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. 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. Athletics and team games Dance – all term <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'. <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><u>Autumn 1 -</u> Throwing and catching <u>Autumn 2-</u> Simple games with rules 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><u>Spring 1 -</u> Introduction to mats and benches. Introducing safety rules. <u>Spring 2 –</u> Introduce large apparatus to develop spatial awareness and gross motor skills. Sequencing movements – mats / benches and large apparatus. Dance – all term</p> <p><u>Spring 1 - Theme .. Three Little Pigs</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 - Under the Sea.</u></p>	<p>Summer 1 – Introduction to team games. Summer 2 – Development of athletics skills and sports day team games. Dance – all term <u>Summer 1 – Theme - The Ugly Duckling</u> Performing in groups, expressing performance skills. Focus on the 5 basic skills of dance and link them to make a 'motif'. <u>Summer 2 – Theme – Exploration of Dance</u> Perform in groups a sequence that incorporates a combination of different movements. Focus on balance and control.</p>

		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.	
1	Gymnastics Gymnastics Tennis- All Term	Athletics 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

<p>4</p>	<p>Games – Netball Games –Hockey Dance Outdoor & Adventure activities</p>	<p>Gymnastics Games – Football and Tennis</p>	<p>Outdoor & Adventure activities Athletics</p>
<p>5</p>	<p>Games – Football Games - Hockey Dance Gymnastics</p>	<p>Swimming Dance Gymnastics Outdoor & Adventure activities</p>	<p>Games – Cricket Games - Rounders Games- Tennis Athletics</p>
<p>6</p>	<p>Swimming Dance - Cheerleading Circuit training</p>	<p>Dance – Line dancing Games - Tennis Gymnastics</p>	<p>Games – Cricket Games- Basketball Outdoor & Adventure activities</p>