



Nursery – PE

Games	Gym	Dance	Physical Development (Health & Fine Motor Skills)
G1 - Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming	Gy1- Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking, skipping, jumping, climbing	D1- Progress towards a more fluent style of moving, with developing control and grace	P1- Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
G2 - Develop overall body-strength, balance, co ordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics and sport.	Gy2- Develop overall body- strength, balance, coordination	D2- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.	P2- Know and talk about the different factors that support their overall health and wellbeing: -regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian.
G3- Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.		D3- Combine different movements with ease and fluency.	P3- Develop the foundations of a handwriting style which is fast, accurate and efficient.
			P4- Further develop the skills they need to manage the school day successfully: - lining up and queuing G1 mealtimes- personal hygiene.



Topic coverage

Autumn 1 Cycle A: Incredible Me Cycle B: Super	Autumn 2 Cycle A: Crazy Creations Cycle B: Ticket to Ride	Spring 1 Cycle A: Happily Ever After Cycle B: Down in the Woods	Spring 2 Cycle A: What's your superpower? Cycle B: To The Rescue	Summer 1 Cycle A: Down on the Farm Cycle B: Mad about Mini beasts	Summer 2 Cycle A: How does your Garden Grow? Cycle B: Ready, Steady, Grow!
GY1 GY2 GY3 P1 P2 P3		D1 D2 D3 P4		G1 G2 G3	
Vocabulary		Vocabulary		Vocabulary	
Slow, Fast, Slithering, Shuffling, Rolling, Crawling, Walking, Running, Jumping, Skipping, Sliding, High, Low, Climbing, Balance		Slow, Fast, Slithering, Shuffling, Rolling, Crawling, Walking, Running, Jumping, Skipping, Sliding, High, Low, Balance, Lines, Circles, Throw, Catch, Feelings, Happy, Excited, sad, Rhythm, Beat		Throw, catch, kick, pass, bat, aim, run, travel, space	
I will know.....		I will know.....		I will know.....	



<ul style="list-style-type: none">- How to move in a variety of ways.- How to travel in a variety of ways.- How to listen carefully and follow instructions.- How to climb confidently.	<ul style="list-style-type: none">- How to move in a variety of ways to music.- How to travel different ways.- How to make movements bigger and smaller.- How to move to show feelings.	<ul style="list-style-type: none">- How to throw a ball- How to catch a ball- How to kick a ball- How to pass a ball- How to bat a ball- How to aim with a ball- How to run safely and adjust speed and direction- How to travel in a variety of ways.
<ul style="list-style-type: none">- How to be safe when climbing/walking up stairs and steps- How to balance on one foot.- How to grip a range of tools confidently.- How to grip a range of tools safely.- How to eat healthily.- How to exercise. How to lead a healthy lifestyle in school and at home.- How to grip a pencil.- How to use a pencil. How to queue and line up sensibly.- How to wash hands correctly.- How to keep yourself and others protected from germs.	<ul style="list-style-type: none">- How to combine movements to make a dance.- How to listen carefully and follow instructions.- How to move to music using a range of body parts.- How to queue and line up inside and outside sensibly.	



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