

South Stanley Infant and Nursery School Physical Education Curriculum Overview



ughing and Learning Together										
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2				
Nursery	Children in Nursery this half term will be learning: Games and Athletics *I can sit up without leaning. *I can walk and travel around obstacles and around Early Years without bumping into furniture or my friends. Gymnastics *Body shapes and stretches – To be able to balance on different body parts.	Children in Nursery this half term will be learning: Games and Athletics - (Continuing using outdoor equipment) *I can walk, jog and run around Early Years outdoors without bumping into obstacles or my friends. Gymnastics *I can walk, run, jump and hop. *I can stand on one leg. I can hold a pose, like a statue.	Children in Nursery this half term will be learning: Games and Athletics (Continuing using outdoor equipment) *I can ride bikes, scooters and trikes without bumping into my friends. Gymnastics *I can climb through, up and over apparatus. Moving in a variety of ways – two-footed jumps, one foot to other foot jumps, hops - along spots	Children in Nursery this half term will be learning: Games and Athletics (Continuing using outdoor equipment) *I can change direction if there is an obstacle in my way. Dance *Responding to music to move like the weather – think about the shapes you would make with your body to be snowflakes, wind, shining sun – link to gymnastics/ EAD. *Investigate the concept of being still and then moving. Control your body, moving when the music plays, stopping when the music stops (musical statues).	Children in Nursery this half term will be learning: Games and Athletics *I can safely play a turn taking game, kicking or throwing a ball back and forth with a friend, without hitting others. Gymnastics - (Continuing using outdoor equipment) *I can skip. I can crawl. I can roll along the floor in a pencil roll. *Moving in a variety of ways – two-footed jumps, one foot to other foot jumps, hops – over small hurdles Climbing – on simple apparatus (low benches) - along, over Under/through - hurdles / tunnels, around obstacles, along paths using spots/ropes etc.	Children in Nursery this half term will be learning: Games and Athletics *I work with others to move and play with equipment safely, being aware of others in our space. Gymnastics (Continuing using outdoor equipment) *I can decide what movement to use e.g. to walk along a plank that is wide or crawl along a plank that is thin.				
Reception	Children in Reception this half term will be learning: <u>Games and Athletics</u> *The children will learn how to travel around the room safely by using different movements – rolling, crawling, jumping and running. They will learn how to send a ball towards a target by throwing underarm. The children will learn how to kick a ball using one foot correctly and to travel with a ball around the room. *They will begin to pass a ball towards their friends.	Children in Reception this half term will be learning: <u>Gymnastics</u> *The children will learn how to balance on different body parts and travel around the room. They will explore different body positions e.g thin and wide shapes and begin to combine different movements with ease and fluency.	Children in Reception this half term will be learning: <u>Gymnastics</u> *The children will continue to develop their overall body- strength, balance, co- ordination and agility. *They will begin to perform basic gymnastics shapes – tuck, pencil, star and pike. *The children will combine up to 2 different movements with ease and fluency.	Children in Reception this half term will be learning: <u>Dance</u> *The children will combine 2 different movements with ease and fluency and develop a range of movements which they make in time to music. They will learn how to have an emotional response to music, exploring how it makes them feel, using emotional vocabulary to describe their response – linked to PSE.	Children in Reception this term will be learning: <u>Games and Athletics</u> *The children will learn to revise and refine their fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing (outdoor and indoor equipment) *They will explore jumping for distance and height and jumping off an object. They will be able to kick a ball at an intended target and pass a ball to their friend.					
Year 1	Children in Year 1 this half term will be learning: GAMES/ATHLETICS: *The children will begin to experiment with different	Children in Year 1 this half term will be learning: <u>GYMNASTICS:</u> *The children will begin to show contrasts (such as	Children in Year 1 this half term will be learning: <u>GYMNASTICS:</u> *The children will be able to show contrasts (such as	Children in Year 1 this half term will be learning: <u>DANCE:</u> *The children will begin to focus on spatial awareness	Children in Year 1 this term will <u>GAMES/ATHLETICS</u> *The children will further develo variety of ways. <i>(running, joggin</i>	p their skills of travelling in a				

	ways of travelling (running, jogging, skipping, side stepping, caterpillar walk), They will begin to develop their throwing skills (underarm, overarm) and begin to increase their awareness of speed and distance.	small/tall, straight/curved and wide/narrowed) shapes and movements. *They will hold a position whilst balancing on different parts of the body. *They will begin to stretch and curl to develop flexibility. *The children will be able to jump in a variety of ways and land safely.	small/tall, straight/curved and wide/narrowed) shapes and movements. *They will be able to hold a position whilst balancing on different parts of the body and stretch and curl to develop flexibility. *They will be able to jump in a variety of ways and land with increasing control and balance.	and being able to move confidently and safely in their own general space whilst exploring basic agility, balance and co-ordination skills. *They will be able to copy and remember moves and positions and begin to sequence movements independently.	<i>caterpillar walk)</i> , throwing <i>(underarm, overarm)</i> and jumping, increasing their awareness of speed and distance. *They will begin to use the terms 'opponent' and 'team-mate' *The children will take part in our whole school sports day using the knowledge and skills they have developed over the year.
Year 2	Children in Year 2 this half term will be learning: <u>GAMES/ATHLETICS</u> . *The children will continue to use the key vocabulary 'opponent' and 'team-mate' when taking part in games. They will begin to lead others when appropriate when playing team games. They will develop their game playing skills in particular throwing (underarm and overarm) and catching (two handed cup catch)	Children in Year 2 this half term will be learning: <u>GYMNASTICS:</u> *The children will create simple sequences of actions on the vault (bench). <i>(see key steps routines)</i> *They will begin to travel by rolling forwards, backwards and sideways. <i>(log rolls, pencil rolls)</i>	Children in Year 2 this half term will be learning: <u>GYMNASTICS:</u> *The children will create simple sequences of actions on the floor. (see key steps routines) *They will travel by rolling forwards, backwards and sideways. (forward rolls, log rolls, pencil rolls)	Children in Year 2 this half term will be learning: <u>DANCE:</u> *The children will perform a sequence of dance movements to communicate a mood, feeling or idea. *They will perform a dance routine independently or with a partner.	Children in Year 2 this term will be learning: <u>GAMES/ATHLETICS</u> : *The children will be able to use and apply their basic skills in games to use space to avoid opponents when playing team games. They will be able to develop and apply different tactics to suit the games they are playing. *When taking part in team games and competitive sporting events, children will be able to use the terms 'opponent' and 'team-mate' *The children will take part in our whole school sports day using the knowledge and skills they have developed over the year.