

PE Termly Overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	Extra-Curricular/Trips
Nursery	<p>Nursery Provide PE opportunities throughout the year in a range of different ways – Just Dance, Sticky kids, Bikes, Dough Disco, Squiggle, Cosmic Yoga, Learning through play continuous provision of sports opportunities, Fine & Gross motor planned activities.</p> <p>Skills Nursery will cover – Independence, Climbing, Balance, Competition, Basic rules and instructions, Different ways to move, changing opportunities, Listening skills, Hand eye co-ordination.</p>						
Year R	<p>Orientation Unit: Creative Movement Dressing and Undressing, Spatial awareness, key vocab</p>	<p>BEAM Gross motor and core strength</p>	<p>BEAM Gross motor and core strength</p>	<p>BEAM Gross motor and core strength</p>	<p>Gymnastics Balance, co-ordination, safety</p>	<p>Team Games Working with others and simple rules</p>	
	<p>Orientation Unit Creative Movement Gross Motor Skills and core strength Personal and Social skills</p>	<p>Balance Static and dynamic</p>	<p>Co-ordination Whole body: Jump, hop, skip, run, walk Hand / Eye co-ordination</p>	<p>Agility Moving at speed, changing direction Moving in different ways</p>	<p>Multiskills Consolidation: Moving in different ways Moving with a ball / object</p>	<p>Fit 'n' Healthy</p>	
Year 1	OAA	Dance	Gymnastics	Fit 'n' Healthy	Athletics	Swimming	OAA – Downs

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	Multiskills Sending and receiving: Rolling and aiming / Throwing and catching	Multiskills overarm and underarm throws Kicking and aiming	Games – striking and fielding Hand eye co-ordination; striking, throwing, catching (Rounders, Cricket, Tennis)	Games - net wall Hand eye co-ordination, striking, throwing, catching (Football, basketball, hockey)	Swimming	Games invasion Tactics - dodging, moving into space, sending to space (Dodgeball, tag rugby, netball)	
Year 2	OAA	Dance	Gymnastics	Fit 'n' Healthy	Yoga	Athletics	OAA – Downs Roller Blading HBH
	Swimming	Swimming	Hockey Skills, tactics and rules	Football Skills, tactics and rules	Basketball Skills, tactics and rules	Rounders Skills, tactics and rules	