



Summer 1

Nursery Thymes (Dance)
Combine movements.
Create own movements
Create movement sequences
Perform large scale movements in response to words/music.
Explore character movements with a partner.



Summer 2

Rackets, Bats, Balls and Balloons
Control an object with hands and feet.
Control the direction of it.
Work with a partner to control an object.
To use different levels of force on an object to achieve a goal (e.g. soft/hard).
To balance an object on a racket.

Moving

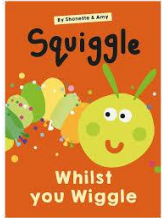
Travelling with controlled movements
Travelling on different body parts, in different directions and on, over, under and through apparatus.
Travel with large and small movements.
To travel and make shapes with a partner and on apparatus.

High, Low, Over, Under:

Make high and low shapes and travel in them.
Travel on apparatus safely.
Travel in different ways on apparatus including high, low, over and under.
Begin to appraise – notice how others are moving.

Spring 2

Spring 1



Gross Motor

Moves safely around a space, avoiding obstacles.
Performs large arm movements in preparation for patterns of movement when writing.



Reception



Walking

Different directions
Different levels
On different body parts
Different speeds
Following a route and following instructions.
Applying skills to play a game.

Autumn 1

Weekly PE lessons start in Autumn 2 in reception...

Autumn 2

Gross Motor

Move increasingly confidently on balancing and climbing equipment.



Gross Motor

Can pedal a trike and steer it safely.



Gross Motor

Moves about a space in different ways



Summer 2

Summer 1

Gross Motor

Climb up and down large climbing equipment independently.



Nursery

Gross Motor

Throw and catch a large ball.



Spring 1

Spring 2

Gross Motor

Confidently travel across a low balance
Take weight on hands and one leg



Fine Motor

Use large muscle movements, for instance to wave streamers and flags or paint.
Build with different construction materials.



Autumn 2

Autumn 1

Gross Motor

Walk, run and jump avoiding obstacles
Can climb on climbing equipment with minimal support.

