



	Nursery	Reception	Year 1	Year 2
Autumn 1	Physical Development In this unit children will use large muscle movements and will become increasingly independent in their own self-care. To support fine motor control children will use 'Funky Fingers' such as picking up pom poms with tweezers, threading Autumn leaves to make necklaces and cutting vegetables. Within class there is a flipper flappers focus throughout the autumn term where they shake flappers to strengthen the shoulder and arm. This is continued throughout nursery until the child can do this successfully.	Body Management (Unit 1) In this unit children will explore balance and managing their own body. They will be able to stretch, reach, and extend in a variety of ways and positions. They will learn to control the body and perform specific movements on command. Children will explore a variety of rolling and sliding. They will jump using a variety of take-offs/landings; use hands and feet in different combinations. Children will participate in a variety of small group cooperative activities.	Hit, Catch, Run (Unit 1) In this unit children will learn to hit balls with their hand or bat. They will be taught to track and retrieve a rolling ball. Additionally, they will look at how to throw and catch a variety of balls and objects. Send & Return (Unit 1) In this unit children will be able to send an object with increased confidence using either their hand or bat. Children will be encouraged to move towards a moving ball to return it to their partner. Children will be sending and returning a variety of balls.	Hit, Catch, Run (Unit 1) In this unit children will continue to develop their hitting skills with a variety of bats. Children will practice feeding/bowling skills so that the ball can be returned by their partner. Children will begin to hit and run to score points in games. Send & Return (Unit 1) In this unit children will be able to track the path of a ball over a net and move towards it. Children will learn to anticipate where the ball is landing so that they can return it. Children will develop skills to hit and return a ball with some consistency. They will learn how to play modified net/wall games throwing, catching and sending the ball over a net.
Autumn 2	Physical Development In this unit children will gradually gain control of their whole body. They will continue to develop their movements of balancing, riding and ball skills.	Dance (Unit 1) In this unit children will recognise actions can be performed to music. They will copy, create, repeat and perform some basic actions to	Gymnastics (Unit 1) In this unit children will use simple gymnastics actions and shapes. They will apply basic strength to gymnastic actions. Children will begin to carry	Gymnastics (Unit 1) In this unit children will describe and explain how performers can transition and link elements. They will perform basic actions with control at

	They will have an outdoor focus of throwing and catching. Children will daily have a disco dough focus where they will practice rolling, squashing and passing through their legs. Children will build obstacle courses in the outdoor area to support their balance.	music. They will use their body to recreate and symbolise people and actions including themes of ‘transport’ and ‘people who help us’. Children will count and move to beats of 8. They will work as an individual, partner and part of a group. They will copy and repeat movement patterns.	apparatus. They will recognise like actions and link them. Dance (Unit 1) In this unit children will learn how to recognise actions and will begin to apply these and perform to music. They will copy, create, repeat and perform some basic actions to music. They will use their body to recreate and symbolise people and actions.	different speeds and levels. They will begin to develop flexibility in a range of shapes and balances. Dance (Unit 1) In this unit children will apply facial expressions to music showing emotions such as fear and anger. Children will begin to use spatial and dynamic choices in their work for effect. As a class other children and adults will offer feedback, and the children will be given the opportunity to respond to feedback.
Spring 1	Physical Development In this unit children will walk, run, jump and climb. They will continue to develop their movements of balancing, riding and ball skills. Children will begin to use the track daily. They will be looking at different sized balls and practicing how to throw.	Gymnastics (Unit 1) In this unit children will develop confidence in fundamental movements. They will experience jumping, sliding, rolling, moving over and under apparatus. Children will develop coordination and gross motor skills. In the second unit children will further develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions.	Gymnastics (Unit 2) In this unit children will begin to show a range of recognised point balances. Children will be introduced to a turn, twist, rock, and roll and to link these. Children will perform in unison and simple canon using the correct techniques. Dance (Unit 2) In this unit children will be able to build simple movement patterns from given actions. They will compose and link actions to make simple movement phrases.	Gymnastics (Unit 2) In this unit children will develop body management through a range of floor exercises. Children will learn what their core is and how to use core strength to link recognised gymnastics elements. Children will attempt to use rhythm while performing a sequence, aiming to move smoothly between different shapes. Dance (Unit 2) In this unit children will perform using more sophisticated formations as well as an individual. Children will use the stimuli to copy, repeat and

				create dance actions and motifs.
Spring 2	Physical Development In this unit children will learn how to skip, hop, stand on one leg and hold a pose. Children will have the opportunity to go on the balance bikes in their outdoor provision.	Manipulation & Coordination (Unit 1) In this unit children will further develop confidence in fundamental movements. Learn and refine a variety of shapes, jumps, balances and rolls. Link simple balance, jump and travel actions. Children will coordinate similar objects in a variety of ways. Differentiate ways to manoeuvre objects. They will have the opportunity to skip in isolation and with rope.	Attack, Defend, Shoot (Unit 1) In this unit children will practice basic movements, including running, jumping and begin to engage in competitive activities. Run, Jump, Throw (Unit 1) In this unit children will begin to link running and jumping. They will learn and refine a range of running. Children will develop throwing techniques to throw over longer distances.	Attack, Defend, Shoot (Unit 1) In this unit children will learn how to send a ball and can receive a ball using their feet. Children will refine ways to control their bodies and a range of equipment. They will recall and link combinations of skills that they have been taught such as dribbling and passing. Run, Jump, Throw (Unit 1) In this unit children will throw and handle a variety of objects. Children will develop power, agility, coordination and balance. Children will move around obstacles showing increased control.
Summer 1	Physical Development Children will continue to develop their balancing skills. They will use the parachute to play games. There will be a focus on their cutting skills. Children will be practicing how to go through a tunnel and how to throw a large ball.	Speed, Agility and Travel (Unit 1) In this unit children will learn to change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare. Participate in a variety of agility-based activities. Know what locomotion is and be able to perform a wide range of	Hit, Catch, Run (Unit 2) In this unit children will begin to develop sending and receiving skills to benefit fielding as a team. Children will distinguish between the roles of batters and fielders. Children will be introduced to the concept of simple tactics. Send & Return (Unit 2)	Hit, Catch, Run (Unit 2) In this unit children will work on a variety of ways to score runs in the different hit, catch, run games. They will work in teams to field to stop the other team from scoring points. Children will begin to play the role of wicketkeeper or backstop along with somebody batting, throwing and other fielders.

		locomotion actions, beginning to show control. Move at speed and stop maintaining balance.	In this unit children will develop sending skills with a variety of balls. Children will track, intercept and stop a variety of objects. They will then select and apply skills with the aim to beat the opposition.	Send & Return (Unit 2) In this unit children will learn how to make it difficult for their opponent to score a point. They will begin to choose specific tactics in a game. Children will learn how to transfer net/wall skills. They will improve their agility and coordination and use this to help them in a game.
Summer 2	Physical Development In this unit children will develop and refine ball skills including throwing, catching, kicking, passing, and aiming. Children will also take part in Sports Day.	Cooperate & Solve Problems (Unit 1) In this unit children are learning to organise and match items, images, colours and symbols. Work with a partner to listen and share ideas & questions. Collect, distinguish and differentiate colours and create a shape as a team. Copy and repeat various patterns and actions. Continue to work in teams. Solve more complex tasks.	Attack, Defend, Shoot (Unit 2) In this unit children will learn to recognise rules and apply them. They will use and apply simple strategies for invasion games. Children will learn reasons why we enjoy exercise. Run, Jump, Throw (Unit 2) In this unit children will increase stamina and core strength. They will work collaboratively on more complex tasks. Children will improve strength, balance, agility and coordination.	Attack, Defend, Shoot (Unit 2) In this unit children will select and apply a small range of simple tactics. They will recognise good qualities in themselves and others. The children will work with others to build basic attacking play. Run, Jump, Throw (Unit 2) In this unit children will improve running and jumping movements over sustained periods. Children will reflect on activities and make connections to healthy, active lifestyles. They will learn to jump for distance and height.