

PE overview



	Advent	Lent	Pentecost
F1	<p>Through continuous provision children will develop their gross and fine motor skills using kimbles and outside learning / playing.</p> <p>Is continuing to develop his/her movement, balancing, riding (scooters, trikes and bikes) and ball skills (Gross motor skills) Goes up steps and stairs, or climbs up apparatus, using alternate feet. (Gross motor skills) Skips, hops, stands on one leg and can hold a pose for a game like musical statues. (Gross motor skills) Uses large muscle movements to wave flags and streamers, paint and make marks. (Gross motor skills) Is starting to take part in some group activities which he/she makes up for himself/herself, or in teams. (Gross motor skills) Is increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. (Gross motor skills) Matches his/her developing physical skills to tasks and activities in the setting e.g. he/she decides whether to crawl, walk or run across a plank, depending on its length and width. (Gross motor skills).</p>		
F2	<p>PE sessions weekly- Beginning to practice the skills of different ways of moving, travelling and special awareness. Beginning to learn to change for PE.</p> <p>Visit to Adventure Playground until November- gross motor/strengthen core/related to topics Daily pencil control practice/ names Action songs/finger rhymes related to topics Funky finger activities to explore Scissor control- using loop or child scissors- snipping. Mark making implements- chunky to medium sized Healthy eating- fruit</p>	<p>PE sessions weekly- Develop the skills of different ways of moving, travelling and special awareness. Changing for PE mainly unaided</p> <p>Visit Adventure Playground from March- related to topics Daily writing letters practice Action songs related to topic Finger rhymes related to topic</p> <p>Scissor control- using child scissors- cut in a straight line - activities related to topic. Carrying scissors safely Mark making implements- medium to fine sized Healthy eating- vegetables</p>	<p>PE sessions weekly- consolidating control and co-ordination of different ways of moving, travelling and special awareness. Discussions on why we exercise and effect on body after exercise. Changing for PE independently.</p> <p>Visit Adventure playground until June- Daily writing –formation of letters practice Action songs related to topic Finger rhymes related to topic Scissor control- using child scissors- cut around a shape- activities related to topic Mark making implements- fine sized healthy/unhealthy food</p>
Year 1	<p>Fundamental movement skills (Movement and ladders) Games SAQ/Circuits- including how to keep healthy Dance</p>	<p>Gymnastics Basketball Athletics Parachute + Cone adapted invasion games</p>	<p>Tri-Golf Fundamental movement skills Football Cricket</p>
Year 2	<p>Fundamental movement skills (Movement and ladders) Games SAQ/Circuits- including how to keep healthy Dance</p>	<p>Gymnastics Basketball Athletics Parachute + Cone adapted invasion games</p>	<p>Tri-Golf Fundamental movement skills Football Cricket</p>

Year 3	Tag-Rugby Netball SAQ / Circuits* includes units on how to keep physically healthy! Dance	Gymnastics Basketball Athletics Dodgeball	Tri-Golf Football Cricket Rounders
Year 4	Tag-Rugby Netball SAQ / Circuits* includes units on how to keep physically healthy! Dance	Gymnastics Basketball Athletics Dodgeball	Tri-Golf Football Cricket Rounders
Year 5	Tag-Rugby Netball SAQ / Circuits* includes units on how to keep physically healthy! Dance	Gymnastics Basketball Athletics Dodgeball	Tri-Golf Football Cricket Rounders
Year 6	Tag-Rugby Netball SAQ / Circuits* includes units on how to keep physically healthy! Dance	Gymnastics Basketball Athletics Dodgeball	Tri-Golf Football Cricket Rounders