




	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Physical Development</p> 	<p>Gross Motor Use large-muscle movements to wave flags and streamers, paint and make marks. Go up steps and stairs, or climb up apparatus, using alternate feet Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Gross Motor Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.</p>	<p>Gross Motor Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p>	<p>Gross Motor Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks</p>	<p>Gross Motor Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. <i>Develop their overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions...</i></p>	<p>Gross Motor Start taking part in some group activities which they make up for themselves, or in teams. <i>Further develop the skills they need to manage the school day successfully: Lining up and queuing/mealtimes</i></p>
	<p>Fine Motor <i>Develop manipulation and control</i> <i>Explore different materials and tools.</i> Show a preference for a dominant hand.</p>	<p>Fine Motor Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Fine Motor Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.</p>	<p>Fine Motor Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Fine Motor Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Fine Motor <i>Develop their small motor skills so that they can use a range of tools competently, safely and confidently- pencils, paintbrushes, scissors, knives, forks & spoons.</i></p>


Reception

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p>Physical Development</p>  <p>Physical Education</p>	<p>Introduction to PE 2</p> <p>Revise and refine the fundamental movement skills -</p> <ul style="list-style-type: none"> • rolling • crawling • walking • jumping • running • hopping • skipping • climbing <p>Further develop the skills they need to manage the school day successfully -</p> <ul style="list-style-type: none"> • lining up • mealtimes 	<p>Fundamentals 2</p> <p>Revise and refine the fundamental movement skills -</p> <ul style="list-style-type: none"> • rolling • crawling • walking • jumping • running • hopping • skipping • climbing <p>Further develop the skills they need to manage the school day successfully -</p> <ul style="list-style-type: none"> • lining up • mealtimes 	<p>Dance 2</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Gymnastics 2</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p>	<p>Games 2</p> <p><i>Athlete Study - Serena Williams</i></p> <p><i>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Develop overall body-strength, balance, co-ordination and agility.</i></p>	<p>Ball Skills 2</p> <p>Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>
	<p>Explore a wide range of fine motor activities and begin to develop an efficient pencil grip with developing control.</p> <p>Mark making. Pattern tracing. Name writing.</p>	<p>Explore a wide range of fine motor activities and begin to develop an efficient pencil grip with developing control.</p> <p>Pattern tracing. Name writing. Letter writing linked to phonics.</p>	<p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>Name writing. Letter writing linked to phonics. Writing digraphs.</p>	<p>Continue to develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>Name writing. Letter writing linked to phonics. Writing digraphs.</p>	<p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>Continue to develop the foundations of a handwriting style which is fast, accurate and efficient.</p>


Year 1

	Autumn Term 1	Autumn Term 2 (Nativity Production)	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Dance Fundamentals	Gymnastics Sending and Receiving	Yoga Net and Wall Games	Dance Target Games	Athletics Ball Skills	Invasion Games Team Building


Year 2

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
	Dance Fundamentals	Invasion Yoga	Gymnastics Fitness	Dance Net and Wall Games	Athletics Ball Skills	Sending and receiving Striking and Fielding Games


Year 3

	Autumn Term 1	Autumn Term 2	Spring Term 1 (mini production)	Spring Term 2	Summer Term 1	Summer Term 2
	Dance Fundamentals	Ball Skills Handball	Gymnastics Netball	Dodgeball Fitness	Athletics Dance	Tag Rugby Cricket


Year 4

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2 (Mini Production)	Summer Term 1	Summer Term 2
 <p>Physical Education</p>	Dance Fundamentals	Football Yoga	Gymnastics OAA	Basketball Hockey	Athletics Dance	Tennis Rounders

Year 5

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1 (Mini Production)	Summer Term 2
 <p>Physical Education</p>	Dance Fitness	Gymnastics Badminton	Dance Volleyball	Dodgeball Tennis	Athletics Tag Rugby	Cricket Football

Year 6

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2 (Production)
 <p>Physical Education</p>	Basketball Dance	Volleyball Gymnastics	Dance Netball	Hockey Handball	Athletics OAA	Rounders Tennis