



Dimple Well Infant School and Nursery P.E. Yearly Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery and Upper Foundation	Continuous provision to support physical development: mark making, threading, playdough, bikes, scooters, throwing, catching, obstacle courses etc... Nursery have a sports focus (running, jumping, catching) in Summer 2 in preparation for Sports day. Teaching about the importance of active , healthy living is continually addressed and specifically targeted: Nursery Aut 1 'All about me', Sum 1 and 2 'Keeping healthy' topics and Upper Foundation Spring 2 'All about Me'. <div style="text-align: center;">  </div>					
Upper Foundation	Kinaesthetic P.E. with sports coach – weekly <div style="text-align: center;">  </div>					
Year 1	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance 	<ul style="list-style-type: none"> Gymnastics Teacher led session – ABC 	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance 	<ul style="list-style-type: none"> Gymnastics with coach Teacher led session – ABC 	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance 	<ul style="list-style-type: none"> Gymnastics with coach Teacher led session – ABC
Year 2	<ul style="list-style-type: none"> Gymnastics Teacher led session – ABC 	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance 	<ul style="list-style-type: none"> Gymnastics with coach Teacher led session – ABC 	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance 	<ul style="list-style-type: none"> Gymnastics with coach Teacher led session – ABC 	<ul style="list-style-type: none"> Multi-sports with coach Teacher led session – Dance
KS 1	Teacher led dance and ABC activities based on KeyPE Sports scheme of work. In addition, Go Noodle dance routines, BBC Super Movers, Yoga routines, Mental Health Awareness and Breathing Techniques are incorporated into the school day.					