

Dimple Well Infant School and Nursery P.E. Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery and Upper Foundation EYFS Physical Early Learning Goals	<ul style="list-style-type: none"> To be active and interactive; and to develop their co-ordination, control, and movement. To understand the importance of physical activity, and to make healthy choices in relation to food. 					
Upper Foundation Coaching sessions	<p><u>Upper Foundation: Weekly kinaesthetic P.E. with coach</u></p> <ul style="list-style-type: none"> I can recognise changes in body when doing physical activities. I can demonstrate competency in motor skills and movements patterns needed to perform a variety of physical activities. I can slide while exhibiting body control and balance. I can understand different instructions, rules and roles in physical activity. I can develop strength and balance with a noodle and ball. I can use different pushing and striking movements to move a ball using a noodle. <ul style="list-style-type: none"> I can develop different ways of striking a balloon to keep it up in the air. I can control my body during yoga. I can use different body parts and muscles to use scooters. I can kick a ball. I can balance beanbags on different body parts. I can use cooperation skills to play parachute games. I can use straight and zig zag pathways. 					
Key Stage 1 National Curriculum	<ul style="list-style-type: none"> To develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities 					

	<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns 					
Year 1	<p><u>Gymnastics sessions with coach</u></p> <ul style="list-style-type: none"> I can jump from standing. I can copy basic movements. I can remember simple steps. I can choose actions to make a simple sequence. I can travel in lots of ways. I can curl my body. I can stretch my body. I can copy basic movements. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps in a controlled manner I can use 	<p><u>Multi- sports sessions with coach</u></p> <ul style="list-style-type: none"> I can run at different speeds I can throw an object with one hand. I can catch a large ball with two hands. I can take part in sending and receiving. I recognise changes to my body during exercise. <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can copy basic movements. I can remember simple steps. I can choose actions to make to music. I can choose actions to make a simple sequence. I can travel in lots of ways I can curl my body. I can stretch my body. 	<p><u>Gymnastics sessions with coach</u></p> <ul style="list-style-type: none"> I can jump from standing. I can copy basic movements. I can remember simple steps. I can choose actions to make a simple sequence. I can travel in lots of ways. I can curl my body. I can stretch my body. I can copy basic movements. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps in a controlled manner I can use 	<p><u>Multi- sports sessions with coach</u></p> <ul style="list-style-type: none"> I can run at different speeds I can throw an object with one hand. I can catch a large ball with two hands. I can take part in sending and receiving. I recognise changes to my body during exercise. <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can copy basic movements. I can remember simple steps. I can choose actions to make to music. I can choose actions to make a simple sequence. I can travel in lots of ways I can curl my body. I can stretch my body. I can copy basic 	<p><u>Gymnastics sessions with coach</u></p> <ul style="list-style-type: none"> I can jump from standing. I can copy basic movements. I can remember simple steps. I can choose actions to make a simple sequence. I can travel in lots of ways. I can curl my body. I can stretch my body. I can copy basic movements. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps in a controlled manner I can use space appropriately. I can balance on different parts of my body I can hit a large ball with a bat. 	<p><u>Multi- sports sessions with coach</u></p> <ul style="list-style-type: none"> I can run at different speeds I can throw an object with one hand. I can catch a large ball with two hands. I can take part in sending and receiving. I recognise changes to my body during exercise. <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can copy basic movements. I can remember simple steps. I can choose actions to make to music. I can choose actions to make a simple sequence. I can travel in lots of ways I can curl my

	<p>space appropriately.</p> <ul style="list-style-type: none"> I can balance on different parts of my body I can hit a large ball with a bat. I can move safely around the room/playground. 	<ul style="list-style-type: none"> I can copy basic movements. I can remember simple steps. 	<p>space appropriately.</p> <ul style="list-style-type: none"> I can balance on different parts of my body I can hit a large ball with a bat. I can move safely around the room/playground. 	<p>movements.</p> <ul style="list-style-type: none"> I can remember simple steps. 	<ul style="list-style-type: none"> I can move safely around the room/playground 	<p>body.</p> <ul style="list-style-type: none"> I can stretch my body. I can copy basic movements. I can remember simple steps.
Year 2	<p><u>Multi-sports with coach</u></p> <ul style="list-style-type: none"> I can run changing speed and direction. I can throw objects with one hand with some accuracy. I can throw objects using under and overarm. I can compete against myself to run faster. I recognise a change in temperature, breathing and heart rate when exercising. I can stop a ball with control I can catch a ball with 	<p><u>Gymnastics with coach</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb carefully. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps at varying levels and speeds. I can create basic sequences. 	<p><u>Multi-sports with coach</u></p> <ul style="list-style-type: none"> I can run changing speed and direction. I can throw objects with one hand with some accuracy. I can throw objects using under and overarm. I can compete against myself to run faster. I recognise a change in temperature, breathing and heart rate when exercising. I can stop a ball with control I can catch a ball with 	<p><u>Gymnastics with coach</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb carefully. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps at varying levels and speeds. I can create basic sequences. 	<p><u>Multi-sports with coach</u></p> <ul style="list-style-type: none"> I can run changing speed and direction. I can throw objects with one hand with some accuracy. I can throw objects using under and overarm. I can compete against myself to run faster. I recognise a change in temperature, breathing and heart rate when exercising. I can stop a ball with control I can catch a ball with control. I can pass a ball to someone else with some accuracy. I can take part in a 	<p><u>Gymnastics with coach</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb carefully. <p><u>ABC sessions with teacher</u></p> <ul style="list-style-type: none"> I can perform simple steps at varying levels and speeds.

	<p>control.</p> <ul style="list-style-type: none"> I can pass a ball to someone else with some accuracy. I can take part in a small team game with opposition. I can decide where to stand during a team game. <p>•</p> <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus. I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb safely I can show rhythm in dance. 	<ul style="list-style-type: none"> I can hold a balance for a sustained period. I am becoming aware of how I control my body. I can roll and control a ball or hoop I can hit a ball with a bat. 	<p>control.</p> <ul style="list-style-type: none"> I can pass a ball to someone else with some accuracy. I can take part in a small team game with opposition. I can decide where to stand during a team game. <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus. I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb safely I can show rhythm in dance. 	<ul style="list-style-type: none"> I can hold a balance for a sustained period. I am becoming aware of how I control my body. I can roll and control a ball or hoop I can hit a ball with a bat. 	<p>small team game with opposition. I can decide where to stand during a team game.</p> <p><u>Dance sessions with teacher</u></p> <ul style="list-style-type: none"> I can move varying the speed and level. I can respond to a stimulus. I am beginning to control my movements. I am beginning to co-ordinate my movements. I can climb safely I can show rhythm in dance. 	<ul style="list-style-type: none"> I can create basic sequences. I can hold a balance for a sustained period. I am becoming aware of how I control my body. I can roll and control a ball or hoop I can hit a ball with a bat.
Additional KS 1	Go Noodle dance routines, BBC Super Movers, Yoga routines, Mental Health Awareness and Breathing Techniques are incorporated into the school day.					