

PE & Physical Development Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (Gross Motor Skills)	Moving Climbing, balancing, crawling, running, riding Dressing	Moving Climbing, balancing, crawling, running, riding Dressing	Ball Skills Rolling Throwing and Catching Kicking	Gymnastics Balancing Jumping Holding a pose	Dance Remember sequences and patterns or movement related to music	Athletics Running Throwing
Nursery (Fine Motor Skills)	PenPals Whole Body Movements Large Movement with malleable materials	PenPals Hand and finger play Making and modelling	PenPals Links to art One handed tools	PenPals Pattern Making	PenPals Lines, circles, spirals Copy letters from name	PenPals Name writing
Funky Fingers Daily – Scissor Skills weekly – Using one handed tools daily						
Reception (Gross Motor Skills)	Gross Motor Skills: Trunk control, shoulder, hip, neck, wrist stability, bilateral co-ordination Negotiating Space Climbing	Locomotion- Jumping 1	Gymnastics- high, low, over and under	Dance- dinosaurs	Ball Skills- Hands	Attack vs defence Athletics
Reception (Fine Motor Skills)	PenPals Lines and Patterns Long Legged Ladder letters	PenPals One-armed robot letters	PenPals Curly caterpillar letters	PenPals Zig-zag monster letters	PenPals All letter families Capital letters	PenPals All letter families Capital letters Numbers
Regular fine motor activities, scissors skills, paint brush skills and cutlery skills						
Year 1	Complete PE: Locomotion: Running and Jumping	Complete PE: Ball Skills: Hands 1 (3 Weeks) Feet 1 (3 weeks)	Team Building	Complete PE: Ball Skills- rackets, bats and balls	Health and Wellbeing	Complete PE: Attack v Defence games for understanding Athletics
	Gymnastics Wide, Narrow, Curled	Dance Toybox	Gymnastics Body Parts	Genre Dance (1 st Year) Rock and Roll (2 nd Year) Country – Line Dancing	Gymnastics Developing a Gymnast	Dance Sealife Adventure
Year 2	Complete PE Locomotion: Dodging	Complete PE Ball Skills Hands 1	Rackets	Health and Wellbeing	Complete PE: Games for Understanding	Athletics Fielding Games
	Gymnastics Linking	Dance Water	Gymnastics Pathways	Genre Dance (1 st Year) Rock and Roll (2 nd Year) Country – Line Dancing	Gymnastics Developing a Gymnast	Dance Explorers