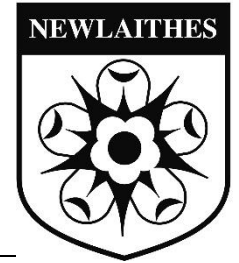




Newlaithes Nursery & Infant School



PE Long Term Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p>Listening games & negotiating space</p> <p>Pupils show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space.</p>	<p>Moving & travelling not on apparatus</p>	<p>Balls skill</p>	<p>Dance – On Parade</p> <p>Create, perform and share short dances based on: Soldiers - marching, turning and gestures individually and in unison. Have a clear start and finish to the dance with repeated shapes and actions in the middle</p>	<p>Gymnastics – Fun Gym Shapes</p> <p>Choose 2 or 3 fun gym shapes and link them together to make a short movement phrase. Make sure you hold each shape before moving onto the next shape.</p>	<p>Games</p> <p>Preparation for sports day</p>
Year 1	<p>Gymnastics – Jumping Jacks</p> <p>Choose 2 or 3 different jumping actions and link them together to make a short movement phrase on the floor and apparatus. Make sure you can remember and repeat your movement phrase.</p>	<p>Games – Fundamentals</p> <p>To control movements at speed, experiment with different throws and catches & develop kicking and trapping skills.</p>	<p>Dance – Weather</p> <p>Create, perform and share short dances based on-action words, whole body actions, part body actions, travel and gestures. Have a clear start and finish to the dance with repeated shapes and actions in the middle</p>	<p>Gymnastics – Rock and Roll</p> <p>Choose 2–3 different rocking and rolling actions and link them together into a short movement phrase. Make sure you move smoothly between the actions adding other actions to help as necessary.</p>	<p>Dance – Moving Words</p> <p>Create and perform short dances individually and with a partner to show the actions of the weather. Include the following parts in your dance: Rain gear motif. Pairs skipping then individual puddle, swaying. Mirroring wind. Follow my leader thunder, lightning, heavy rain.</p>	<p>Games/Outdoor</p> <p>To refine and improve running, throwing and catching skills along with developing agility.</p>

					Rain gear motif 'backwards'. The sun coming out. Sink to ground.	
Year 2	<p>Gymnastics – Points of contact</p> <p>Choose at least 2 clear positions of stillness and combine them with other actions to create a short sequence of 3 – 4 actions. Make sure you show different points of contact in your chosen positions of stillness.</p>	<p>Dance – Fire of London</p> <p>Create and perform a dance individually, with a partner or a small group, based on the idea of 'The Great Fire of London'. Make sure you use changes in speed, level, direction and space in your dance.</p>	<p>Gymnastics – Ball, tall and wall</p> <p>Using the floor and apparatus create and perform a sequence of 3 – 4 actions showing the contrasting shapes of ball, tall and wall. Make sure you link the actions smoothly and that you show actions performed on different levels.</p>	<p>Dance – Magical Friendships</p> <p>Create and perform short dances individually and with a partner to show friendship between 2 different characters</p>	<p>Games – Fundamentals</p> <p>Refine the skills of running successfully, changing directions on the move. Develop throwing, catching, striking and dribbling skills and play small games.</p>	<p>Tennis</p> <p>Develop racket skills and progress to playing small, simple games in pairs and groups of 4.</p>