



PE Scheme of Work

Term	EYFS	Year 1	Year 2
Topic Plan Links:	<ul style="list-style-type: none"> The Extraordinary Gardner/ The Tiny Seed Naughty Bus/ I will never eat a tomato Cave Baby/ Bringing the Rain to Kapiti Plain I am Henry Finch/Look up! Billy and the Beast/ I want my Hat back Night Pirates/ Lost and Found 	<ul style="list-style-type: none"> Beegu/Pig the Pug Stanley's Stick/ Dinosaur and all that rubbish The sea saw/ The odd egg Where the Wild things are/ Julian is a Mermaid Izzy Gizmo/ A walk in London The Comet/ Astro Girl 	<ul style="list-style-type: none"> The Last Stop on Market Street/The Journey Home The Minpins/ The Bear Under the Stairs Jim and the Beanstalk/ We are the Water Protectors Lubna and Pebble/ Tadpoles Promise Ocean Meets Sky/ Dear Earth
Autumn 1 <u>Multi-skills</u>	<ul style="list-style-type: none"> Spatial awareness Core movements Co-ordination & Control Sending & Aiming Tracking & Retrieving Bouncing & Throwing 	<ul style="list-style-type: none"> Moving with ball Rolling and Aiming Underarm throwing Receiving & Catching Basic racket skills 	<ul style="list-style-type: none"> Moving with ball Rolling and Aiming Throwing & Catching Kicking Racket & ball Skills
Autumn 2 <u>Multi-skills & Dance</u>	<ul style="list-style-type: none"> Awareness of space Body parts & shapes Travel with control & co-ordination Copy & Explore actions Turns & jumps Move confidently Respond imaginatively 	<ul style="list-style-type: none"> Body actions, parts & shapes Travelling actions Balances Copying & composing actions Varying speed, level, direction 	<ul style="list-style-type: none"> Body actions, parts & shapes Varying level, speed, direction, pathways & weight of actions Explore, remember, repeat & link actions Compose dance phrases
Spring 1 <u>Gymnastics</u>	<ul style="list-style-type: none"> Space & body awareness Balances & Jumps Travel Explore shapes Rolls Low apparatus 	<ul style="list-style-type: none"> Space & Safety Key shapes & Travel Jumping & Balancing Short sequences Rolling Large/higher apparatus Hand apparatus 	<ul style="list-style-type: none"> Travel Key shapes on apparatus Jumping & Balancing Twisting & Rolling Large apparatus Longer sequencing Hand apparatus
Spring 2 <u>Multi-skills</u>	<ul style="list-style-type: none"> Footwork activities Co-ordination skills Controlling small equipment, sticks, rackets, etc 	<ul style="list-style-type: none"> Co-ordination skills Unihoc skills Defending target Team Games 	<ul style="list-style-type: none"> Unihoc skills Team games & tactics Attack & defend Tackling Competition
Summer 1 <u>Applying Skills</u>	<ul style="list-style-type: none"> Developing large & small ball skills Kicking skills Racket & ball Outdoor activities & parachute 	<ul style="list-style-type: none"> Developing & applying large & small ball skills Kicking skills Racket & ball Playing simple games Outdoor activities & orienteering 	<ul style="list-style-type: none"> Large ball skills Kicking skills Striking & Fielding skills Team games & rules Racket & ball Outdoor activities & orienteering

<p>Summer 2 Athletics & Sports Day</p>	<ul style="list-style-type: none"> • Underarm & overarm throwing • Moving & jumping in different ways • Developing agility & balance • Running technique & speed • Relay games 	<ul style="list-style-type: none"> • Underarm & overarm throwing • Moving & jumping in different ways • Developing agility • Running technique & speed • Relay games 	<ul style="list-style-type: none"> • Underarm & overarm throwing • Jumping technique • Balance & agility • Developing speed, power & strength • Improving running technique • Relay games
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