

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
PD shared thread across EYFS	Safe movement, settling routines, self-care, hand strength and early mark making readiness.	Movement to music, action songs, decoration, cutting, sticking and fine motor control.	Large construction, carrying, climbing, pushing, pulling, tool use and coordination.	Outdoor movement, digging, pouring, messy play, planting, tool use and observational drawing.	Stirring, scooping, pouring, rolling, cutlery, cooking tools, cutting and model-making.	Water play, pouring, squeezing, floating, washing, summer self-care, obstacle routes and transition independence.
Nursery	<u>Fundamental Skills</u> - Lying - Waving - Crawling - Carrying	<u>Fundamental Skills</u> - Running - Chasing - Grasping - Reaching	<u>Fundamental Skills</u> - Clapping - Flicking - Pointing - Shuffling	<u>Fundamental Skills</u> - Gripping - Climbing - Pressing - squeezing	<u>Fundamental Skills</u> - Pinching - Stacking - Collecting - Jumping	<u>Fundamental Skills</u> - Balancing - Hopping - Marching - Stepping
Reception	<u>Fundamental Skills</u> - Bending - Creeping - Digging - Gripping - Running - Grasping .	<u>Fundamental Skills</u> - Balancing - Dodging - Slithering - Spinning - Kicking - Leaping	<u>Fundamental Skills</u> - Galloping - Hanging - Speed changing - Twisting - Pivoting - Placing	<u>Fundamental Skills</u> - Bouncing - Dribbling - Jumping - Pulling - Pushing - Tiptoeing	<u>Fundamental Skills</u> - Crawling - Hopping - Aiming - Shooting - Rolling - Squatting	<u>Fundamental Skills</u> - Avoiding - Catching - Changing direction - Rocking
Year 1	<u>Team Building</u> Work as a team to achieve a goal. Practise skills - co-ordination, aim and control	<u>Ball skills- Hands</u> Develop hand eye co-ordination skills using a range of equipment. Begin to pass with aim	<u>Gymnastics - Body parts</u> Exploring different ways to travel and balance using a range of body parts	<u>Dance - The Zoo</u> Explore becoming a character. How will this character move?	<u>Games for understanding</u> Apply skills previously taught in a game scenario including, co-ordination, aim and control. Develop understanding of attacking and defending. Work together to try and create a strategy.	<u>Athletics</u> Run, jump and travel in different ways showing control and co-ordination
	<u>Locomotion - Jumping</u>	<u>Ball skills - Feet</u> Develop co-ordination and	<u>Gymnastics - Wide, narrow and curled</u>	<u>Dance - Heroes</u>	Same as above	<u>Orienteering</u>

	Show some co-ordination, control and core strength.	control over the ball. Shoot and pass with some aim.	Exploring different ways to travel and balance using these dynamics	Move with control and copy simple movements. Evaluate performances		Work as part of a team. Begin to use simple maps and understand symbols
Year 2	<u>Locomotion - Jumping</u> Show co-ordination, control and core strength.	<u>Ball skills - Rackets, bats and balls</u> Show hand eye coordination skills using a range of equipment. Pass with aim.	<u>Gymnastics - Linking</u> Link together travel, balances and jumps to create a routine.	<u>Dance - Mr Candy's Sweet Factory</u> Perform simple routines with co-ordination and control.	<u>Games for understanding</u> Apply skills previously taught in a game scenario including, co-ordination, aim and control. Develop understanding of attacking and defending. Work together to try and create a strategy.	<u>Athletics</u> Run, jump and travel in different ways with increasing control and stamina.
	<u>Locomotion - Dodging</u> Show co-ordination, control and precision with movements.	<u>Ball skills - Feet</u> Show co-ordination and control over the ball. Shoot and pass with good aim.	<u>Gymnastics - Pathways</u> Performance and evaluation focus	<u>Dance - Explorers</u> Perform simple routines with co-ordination and control. Evaluate and improve using peer/self feedback.	Same as above	<u>Orienteering</u> Use map to locate markers. Show a range of physical skills inc co-ordination, control, balance, pace, teamwork.