

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6	Block 7
Nursery	<p>Playing through games</p> <p>Explore different movement and start to develop core strength and gross motor skills</p>	<p>Ball skills – Hands</p> <p>Start to develop co-ordination skills</p>	<p>Gymnastics Moving</p> <p>Look at different ways to travel and move around.</p>	<p>Dance Nursery Rhymes</p> <p>Copy actions to simple nursery rhymes. Recall some from memory.</p>	<p>Ball Skills - Feet</p> <p>Look at different ways to move a ball using feet. Developing co-ordination.</p>	<p>Athletics</p> <p>Start to learn how to run, jump and travel in different ways.</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>
Reception	<p>Locomotion – Walking and jumping</p> <p>Develop co-ordination, control and gross motor skills.</p>	<p>Rackets, bats, balls and balloons</p> <p>Start to develop co-ordination skills using a range of equipment</p>	<p>Gymnastics High and low</p> <p>Travel and hold gym shapes using the dynamic of high and low.</p>	<p>Dance Dinosaurs</p> <p>Explore becoming a character. How will this character move?</p>	<p>Games for understanding</p> <p>Apply skills previously taught including, co-ordination, aim and control. Start to work as part of a team to achieve a target.</p>	<p>Athletics</p> <p>Continue to learn how to run, jump and travel in different ways showing some control and co-ordination.</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>
1a	<p>Locomotion – Jumping</p> <p>Show some co-ordination, control and core strength.</p>	<p>Ball skills- Hands</p> <p>Develop hand eye co-ordination skills using a range of equipment. Begin to pass with aim.</p>	<p>Gymnastics Body parts</p> <p>Exploring different ways to travel and balance using a range of body parts</p>	<p>Dance The Zoo</p> <p>Explore becoming a character. How will this character move?</p>	<p>Games for understanding</p> <p>Apply skills previously taught in a games scenario including, co-ordination, aim and control. Develop understanding of attacking and defending. Work together to try and create a strategy.</p>	<p>Athletics</p> <p>Run, jump and travel in different ways showing control and co-ordination</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>
1b	<p>Team building</p> <p>Work as a team to achieve a goal. Practise skills – co-ordination, aim and control</p>	<p>Ball skills – Feet</p> <p>Develop co-ordination and control over the ball. Shoot and pass with some aim.</p>	<p>Gymnastics Wide, narrow and curled</p> <p>Exploring different ways to travel and balance using these dynamics</p>	<p>Dance Heroes</p> <p>Move with control and copy simple movements. Evaluate performances.</p>	<p>Same as above</p>	<p>Same as above</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>
2a	<p>Locomotion – Jumping</p> <p>Show co-ordination, control and core strength.</p>	<p>Ball skills – Rackets, bats and balls</p> <p>Show hand eye co-ordination skills using a range of equipment. Pass with aim.</p>	<p>Gymnastics Linking</p> <p>Link together travel, balances and jumps to create a routine.</p>	<p>Dance Mr Candy’s Sweet Factory</p> <p>Perform simple routines with co-ordination and control.</p>	<p>Games for understanding</p> <p>Apply skills previously taught in a games scenario including, co-ordination, aim and control. Use attacking and defending skills. Work together to apply strategies to win the game</p>	<p>Athletics</p> <p>Run, jump and travel in different ways with increasing control and co-ordination.</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>
2b	<p>Locomotion – Dodging</p> <p>Show co-ordination, control and precision with movements.</p>	<p>Ball skills – Feet</p> <p>Show co-ordination and control over the ball. Shoot and pass with good aim.</p>	<p>Gymnastics Pathways</p> <p>Performance and evaluation focus</p>	<p>Dance Explorers</p> <p>Perform simple routines with co-ordination and control. Evaluate and improve using peer/self feedback.</p>	<p>Same as above</p>	<p>Same as above</p>	<p>Sporting Tournaments X 3 weeks X 1 sports day</p>