

2YO	<p>In Little Buds children will focus on gross and fine motor skills. This will start with sensory explorations aimed at developing a child's strength, co-ordination, and positional awareness. Children will then take part in several activities which will be indoor and outdoor where adults will support the development of core strength, stability, balance, spatial awareness, co-ordination, and agility.</p>					
Nursery	<p>In nursery we practise a range of activities in order to develop the children's fine and gross motor skills. For gross motor, we encourage the children to explore moving in different ways, including to music, songs and rhymes. They practise kicking, throwing and catching, use climbing and balancing equipment and use wheeled toys such as bikes and scooters. For fine motor, the children participate in finger and action rhymes, have access to a range of mark making equipment and are taught to safely hold and use a range of tools and objects such as musical instruments, screwdrivers, hammers and cutlery.</p>					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Play, Move, Explore	Move, Match, Magic	Search, steal, dare	Explore, Evade, Escape	Crawl, Climb, Collect	Hands, Feet, Equipment
Year 1	<p><b>Agility, Balance Coordination</b> <u>Object Control</u> Collecting, Carrying, Catching</p> <p><u>Locomotion</u> Running, Jumping, Hopping</p> <p>Stability Landing, Turning, Stretching,</p> <p>How it helps? Riding a bicycle</p>	<p><b>Jump, Shape, Create</b></p> <p>Stability, Landing, Stretching, Tucking</p> <p>Locomotion Leaping, Jumping, Hopping</p> <p>How it helps? Jumping in gymnastics Creating movements in dance Moving to beats of music</p>	<p><b>Dual, Win, Lose</b></p> <p>Object Control Carrying, Bouncing, Dribbling,</p> <p>Locomotion Running, Leaping, Skipping,</p> <p>Stability Turning, Twisting, Rotating</p> <p>How it helps? Running away from a defender Changing direction in a game</p>	<p><b>Look, Run Avoid</b></p> <p>Object Control Carrying, Collecting, Throwing,</p> <p>Locomotion Running, Walking Dodging</p> <p>Stability Turning, Twisting, Extending,</p> <p>How it Helps? Playing tag with friends</p>	<p><b>React, Roll, Retrieve</b></p> <p>Object Control Collecting, Catching, Trapping</p> <p>Locomotion Running, hopping, Jumping</p> <p>Stability Turning, Twisting, Bending</p>	<p><b>Run, Jump, Throw</b></p> <p>Object Control Collecting, Catching, Trapping</p> <p>Locomotion Running, hopping, Jumping</p> <p>Stability Turning, Twisting, Bending</p> <p>How it helps? Throwing Running in Athletics</p>

## Physical Education Long Term Plan and Core Skills Plan

	Dribbling in basketball Striking in tennis and badminton		Not bumping into others in a game Skipping	Beating a defender in rugby	How it helps? Rolling in Ten Pin Bowling Retrieving the Ball in Cricket Striking the ball in golf	Jumping in Athletics
Year 1 Active Enrichment	OAA Bike Riding  Experiences Pop Up Badminton	OAA  Experiences Bubble Disco Silent Disco Noodle Drumming Bamboo Tamboo	OAA  Experiences Skipping	OAA  Experiences Grovesner Park Visit	OAA  Experiences Ten Pin Bowling Golf	OAA Soft Axe Throwing  Experiences Disc Golf
Year 2	<b>Agility, Balance, Coordination</b> <u>Object Control</u> Collecting, Carrying, Catching  <u>Locomotion</u> Running, Jumping, Hopping  <u>Stability</u> Landing, Turning, Stretching,  How it helps? Riding a bicycle Dribbling in basketball Striking in tennis and badminton	<b>Jump, Shape, Create</b>  <u>Stability</u> Landing, Stretching, Tucking  <u>Locomotion</u> Leaping, Jumping, Hopping  <u>How it helps?</u> Jumping in gymnastics Creating movements in dance Moving to beats of music	<b>Dual, Win, Lose</b>  <u>Object Control</u> Carrying, Bouncing, Dribbling,  <u>Locomotion</u> Running, Leaping, Skipping,  <u>Stability</u> Turning, Twisting, Rotating  <u>How it helps?</u> Running away from a defender Changing direction in a game Not bumping into others in a game Skipping	<b>Look, Run, Avoid</b>  <u>Object Control</u> Carrying, Collecting, Throwing,  <u>Locomotion</u> Running, Walking Dodging  <u>Stability</u> Turning, Twisting, Extending,  <u>How it Helps?</u> Playing tag with friends Beating a defender in rugby	<b>React, Roll, Retrieve</b>  <u>Object Control</u> Collecting, Catching, Trapping  <u>Locomotion</u> Running, hopping, Jumping  <u>Stability</u> Turning, Twisting, Bending  <u>How it helps?</u> Rolling in Ten Pin Bowling Retrieving the Ball in Cricket Striking a ball in golf	<b>Run, Jump, Throw</b>  <u>Object Control</u> Collecting, Catching, Trapping  <u>Locomotion</u> Running, hopping, Jumping  <u>Stability</u> Turning, Twisting, Bending  <u>How it helps?</u> Throwing Running in Athletics Jumping in Athletics
Year 2 Active Enrichment	OAA Bike Riding  Experiences Pop Up Badminton	OAA  Experiences Bubble Disco Silent Disco Noodle Drumming Bamboo Tamboo	OAA  Experiences Skipping	OAA  Experiences Grovesner Park Visit	OAA  Experiences Ten Pin Bowling Golf	OAA Soft Axe Throwing  Experiences Disc Golf

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<p><b>Year 3</b></p>	<p><b>Hands, Feet, Equipment</b></p> <p><u>Object Control</u> Dribbling, Bouncing, Carrying</p> <p><u>Locomotion</u> Running, Walking, Leaping</p> <p><u>Stability</u> Turning, Twisting, Rotation</p> <p>How it helps? Dribbling in football Dribbling in Basketball Dribbling in Hockey</p>	<p><b>Inspire, Create, Perform</b></p> <p><u>Object Control</u> Carrying, Pushing, Pulling</p> <p><u>Locomotion</u> Jumping, Walking, Sliding</p> <p><u>Stability</u> Turning, Flexing, Extending</p> <p>How it helps? Creating a Dance Routine Performing a Dance Routine Creating movements in dance Moving to beats of music</p>	<p><b>Strike, React, Rally</b></p> <p><u>Object Control</u> Striking, Pushing, Throwing</p> <p><u>Locomotion</u> Running, Side Stepping</p> <p><u>Stability</u> Bending, Turning, Stretching</p> <p>How it helps? Striking in Badminton Changing direction in Tennis</p>	<p><b>Fair, Share, Dare</b></p> <p><u>Object Control</u> Throwing, Catching, Collecting</p> <p><u>Locomotion</u> Running, Walking, Jumping</p> <p><u>Stability</u> Bending, Turning, Twisting</p> <p>How it helps? Dodging and throwing in dodgeball Evading a defender in rugby</p>	<p><b>Watch, Move, Connect</b></p> <p><u>Object Control</u> Striking (with hand), catching, throwing</p> <p><u>Locomotion</u> Running, Jumping, Hopping</p> <p><u>Stability</u> Extending, Turning, Landing</p> <p>How it helps? Rallying in a Tennis and Badminton Tracking the ball in rounders</p>	<p><b>Accuracy, Power, Distance</b></p> <p><u>Object Control</u> Striking, Pushing, Throwing</p> <p><u>Locomotion</u> Running, Walking, Leaping</p> <p><u>Stability</u> Extending, Turning, Landing</p> <p>How it helps? Throwing in athletics Fielding in cricket Shooting in handball</p>
<p><b>Year 3 Active Enrichment</b></p>	<p>Modified Games Football Basketball</p> <p>OAA</p> <p>Experiences</p>	<p>Modified Games</p> <p>OAA</p> <p>Experiences Bubble Disco Silent Disco Noodle Drumming Bamboo Tamboo</p>	<p>Modified Games Tennis</p> <p>OAA</p> <p>Experiences Pop up Badminton Classroom table tennis</p>	<p>Modified Games Tag Rugby</p> <p>OAA</p> <p>Experiences</p>	<p>Modified Games Tennis Rounders</p> <p>OAA</p> <p>Experiences Pop up Badminton</p>	<p>Modified Games Athletics Cricket Handball</p> <p>OAA</p> <p>Experiences</p>
<p><b>Year 4</b></p>	<p><b>Hands, Feet, Equipment</b></p> <p><u>Object Control</u> Dribbling, Bouncing, Carrying</p> <p><u>Locomotion</u> Running, Walking, Leaping</p> <p><u>Stability</u> Turning, Twisting, Rotation</p> <p>How it helps? Dribbling in football</p>	<p><b>Inspire, Create, Perform</b></p> <p><u>Object Control</u> Carrying, Pushing, Pulling</p> <p><u>Locomotion</u> Jumping, Walking, Sliding</p> <p><u>Stability</u> Turning, Flexing, Extending</p> <p>How it helps? Creating a Dance Routine</p>	<p><b>Strike, React, Rally</b></p> <p><u>Object Control</u> Striking, Pushing, Throwing</p> <p><u>Locomotion</u> Running, Side Stepping</p> <p><u>Stability</u> Bending, Turning, Stretching</p> <p>How it helps? Striking in Badminton</p>	<p><b>Fair, Share, Dare</b></p> <p><u>Object Control</u> Throwing, Catching, Collecting</p> <p><u>Locomotion</u> Running, Walking, Jumping</p> <p><u>Stability</u> Bending, Turning, Twisting</p> <p>How it helps?</p>	<p><b>Watch, Move, Connect</b></p> <p><u>Object Control</u> Striking (with hand), catching, throwing</p> <p><u>Locomotion</u> Running, Jumping, Hopping</p> <p><u>Stability</u> Extending, Turning, Landing</p> <p>How it helps? Rallying in a net game</p>	<p><b>Accuracy, Power, Distance</b></p> <p><u>Object Control</u> Striking, Pushing, Throwing</p> <p><u>Locomotion</u> Running, Walking, Leaping</p> <p><u>Stability</u> Extending, Turning, Landing</p> <p>How it helps? Throwing in athletics Fielding in cricket</p>

## Physical Education Long Term Plan and Core Skills Plan

	Dribbling in Basketball Dribbling in Hockey	Performing a Dance Routine Creating movements in dance Moving to beats of music	Changing direction in Tennis	Dodging and throwing in dodgeball Evading a defender in rugby	Tracking the ball in rounders	Shooting in handball
Year 4 Active Enrichment	Modified Games Football Basketball  OAA  Experiences	Modified Games  OAA  Experiences Bubble Disco Silent Disco Noodle Drumming Bamboo Tamboo	Modified Games Tennis  OAA  Experiences Pop up Badminton Classroom Table Tennis	Modified Games Tag Rugby  OAA  Experiences	Modified Games Tennis Rounders  OAA  Experiences Pop up Badminton	Modified Games Athletics Cricket Handball  OAA  Experiences
Year 5	Lend, Move, Score <u>Object Control</u> Kicking, Catching, Throwing  <u>Locomotion</u> Running, Walking, Jumping  <u>Stability</u> Turning, Twisting, Bending  How it helps? Dribbling in football Passing in Netball	Symmetry, Balance, Travel <u>Locomotion</u> Rolling, Leaping, Jumping  <u>Stability</u> Extending, Turning, Landing  How it helps? Riding a bicycle Climbing high ropes Climbing frames and walls	Serve, Set, Slam  <u>Object Control</u> Throwing, Catching, Striking  <u>Locomotion</u> Running, Leaping, Side-Stepping  <u>Stability</u> Turning, Twisting, Stretching  How it helps? Striking a volleyball Striking in Tennis	Block, Guard, Support <u>Object Control</u> Throwing, Catching, Collecting  <u>Locomotion</u> Running, Walking, Jumping  <u>Stability</u> Bending, Turning, Twisting  How it helps? Dodging and throwing in dodgeball Evading a defender in rugby	Aim, Strike, Retrieve  <u>Object Control</u> Striking, Collecting, Throwing  <u>Locomotion</u> Running, Walking, Bounding  <u>Stability</u> Turning, Twisting, Bending  How it helps? Throwing in Cricket Striking in Rounders Collecting in Longball	Speed, Distance, Strength <u>Object Control</u> Throwing, Catching, Pushing  <u>Locomotion</u> Running, Jumping, Leaping <u>Stability</u> Turning, Twisting, Landing  How it helps? Running past players in football Jumping for a ball in basketball Tackling in rugby
Year 5 AE	Modified Games Football Netball  OAA	Modified Games  OAA Bike Riding Climbing  Experiences	Modified Games Volleyball Tennis  OAA  Experiences	Modified Games Tag Rugby  OAA  Experiences	Modified Games Cricket Rounders  OAA  Experiences	Modified Games Football Basketball Tag Rugby  OAA

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	Experiences					Experiences
Year 6	<p>Lend, Move, Score</p> <p><u>Object Control</u> Kicking, Catching, Throwing</p> <p><u>Locomotion</u> Running, Walking, Jumping</p> <p><u>Stability</u> Turning, Twisting, Bending</p> <p>How it helps? Dribbling in football Passing in Netball</p>	<p>Symmetry, Balance, Travel</p> <p><u>Locomotion</u> Rolling, Leaping, Jumping</p> <p><u>Stability</u> Extending, Turning, Landing</p> <p>How it helps? Riding a bicycle Climbing high ropes Climbing frames and walls</p>	<p>Serve, Set, Slam</p> <p><u>Object Control</u> Throwing, Catching, Striking</p> <p><u>Locomotion</u> Running, Leaping, Side-Stepping</p> <p><u>Stability</u> Turning, Twisting, Stretching</p> <p>How it helps? Striking a volleyball Striking in Tennis</p>	<p>Block, Guard, Support</p> <p><u>Object Control</u> Throwing, Catching, Collecting</p> <p><u>Locomotion</u> Running, Walking, Jumping</p> <p><u>Stability</u> Bending, Turning, Twisting</p> <p>How it helps? Dodging and throwing in dodgeball Evading a defender in rugby</p>	<p>Aim, Strike, Retrieve</p> <p><u>Object Control</u> Striking, Collecting, Throwing</p> <p><u>Locomotion</u> Running, Walking, Bounding</p> <p><u>Stability</u> Turning, Twisting, Bending</p> <p>How it helps? Throwing in Cricket Striking in Rounders Collecting in Longball</p>	<p>Speed, Distance, Strength</p> <p><u>Object Control</u> Throwing, Catching, Pushing</p> <p><u>Locomotion</u> Running, Jumping, Leaping</p> <p><u>Stability</u> Turning, Twisting, Landing</p> <p>How it helps? Running past players in football Jumping for a ball in basketball Tackling in rugby</p>
Year 6 Active Enrichment	<p>Modified Games Football Netball</p> <p>OAA</p> <p>Experiences</p>	<p>Modified Games</p> <p>OAA Bike Riding Climbing</p> <p>Experiences</p>	<p>Modified Games Volleyball Tennis</p> <p>OAA</p> <p>Experiences Classroom Table Tennis Pop Up Badminton</p>	<p>Modified Games Tag Rugby</p> <p>OAA</p> <p>Experiences</p>	<p>Modified Games Cricket Rounders</p> <p>OAA</p> <p>Experiences</p>	<p>Modified Games Football Basketball Tag Rugby</p> <p>OAA</p> <p>Experiences</p>