

Nursery P.E. Progression Document

<u>Autumn A</u> <u>Multi skills</u>	<u>Autumn B</u> <u>Multi skills</u>	<u>Spring A</u> <u>Gymnastics –</u>	<u>Spring B</u> <u>Dance</u>	<u>Summer A</u> <u>Multi skills</u>	<u>Summer B</u> <u>Multi skills –</u>
<u>Structured outdoor throughout the year – climbing, balancing, running, jumping, team games, ball skills</u>					
<u>Skills –</u> Coordination Move in a range of ways		<u>Skills –</u> Coordination Balance Move around equipment Move in a range of ways	<u>Skills –</u> Coordination Balance creativity	<u>Skills –</u> Game-based Ball skills Working as a team	
<u>Objectives –</u> To move freely around the hall. To move in a range of ways. To change their direction while moving. To think of different movements. To control their movements and stop when asked.		<u>Objectives –</u> To develop the ability to move in a range of ways. To develop the ability to move around and onto equipment. To hold a pose on one leg. To stand on one leg. To be able to use alternative feet when going across equipment. To learn simple balances.	<u>Objectives –</u> To develop the ability to use movement to music. To copy movements to a familiar song. To use large movements to wave ribbons to music. To develop the ability to make their own movements to music. To remember sequences which are related to music.	<u>Objectives –</u> To roll a ball to a partner To roll a ball to a target Sometimes catch a large ball. To developing work as a team to complete activities To kick a large ball when stationary in front of them. To sometimes kick a ball to a target. To develop the ability to throw an object.	

<u>Lessons –</u> Lesson 1,2,3 – movements Lesson 4,5 – stopping movements Lesson 6, 7 – Move in a range of ways Lesson 7,8,9 – changing direction.	<u>Lessons –</u> Lesson 1 – move in a range of ways 2- move around equipment 3- look at balances 4 – practise balancing 5- moving across equipment in a range of ways 5- make a sequence of moving then a balance.	<u>Lessons –</u> Listen and move to music Copy movements to familiar songs To use ribbons or flags to music To experiment how to move to music To do 2-3 actions to music.	<u>Lessons –</u> Lesson 1- Explore the different size balls. What can they do with them? 2,3,4 – rolling balls to open space, and target 5,6,7 – exploring throwing balls into open space. Trying to catch them once thrown 8,9,10 – exploring kicking balls to open space, partner and target 11,12 – working as a team using balls and playing games.
<u>On track –</u> Birth to 3 objectives	<u>On track –</u> Continue to develop their balancing Skip, hop, stand on one leg and hold a pose. Are increasingly able to use and remember sequences and patterns of movements. Match their developing physical skills to tasks and activities.	<u>On track –</u> Continue to develop their movement Use large-muscle movements to wave flags and streamers. Are increasingly able to use and remember sequences and patterns of movements to music and rhythm.	<u>On track –</u> Continue to develop their ball skills Start taking part in some group activities which they make up themselves or in teams. Collaborate with others to manage large items.