

PHYSICAL EDUCATION - Long Term Plan For Nurseries

P.E.	AUTUMN		SPRING		SUMMER	
	Gym	Gym	Dance	Games	Dance	Games
	ABCs	Throwing Catching	Multi Skills	Gym	Racket games	Striking/Noodle play

Learning Objectives	Ensure Pupils Experience:	Activity Content
<p>Acquiring & Developing skills:</p> <ul style="list-style-type: none"> Perform a range of simple skills, with control Remember and repeat simple skills and actions. <p>(ensure this is done, make it repetitive but fun)</p> <p>Evaluating & Improving performance:</p> <ul style="list-style-type: none"> Describe what they are doing. Show people how to do it <p>Health and Fitness</p> <p>> can you tell me what your heart is doing after running. > why do we become hot during exercise.</p>	<ul style="list-style-type: none"> Working independently, with partners and in groups. Making choices and decisions using own ideas. Relevant language appropriate to activities undertaken. A range of playing areas, groupings, equipment, tasks. A variety of activities with/without equipment. Simple rules, fair play and competition. Time to consolidate their performance. Indoor/outdoor environments. Observation of performances. Language Development (understanding a variety of PE equipment) Socialising with children and other adults Communicating with children and adults Develop Motor Skills Development and building of strong muscles and bones Improve physical and mental health state DEVELOP THEIR TALENTS 	<p>Games activities: Develop skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner. Develop simple games and adapt them to keep them engaged and having fun, playing these games – alone/with a partner. Experience a variety of games equipment; practicing with a partner; competition, simple rules.</p> <p>Gymnastic activities: Develop skills of travelling, stillness, balance, turning, rolling, climbing, weight on hands, jumping – (with more control, combinations, contrast, complex, actions – requiring continuity and co-ordination of body parts) introduce tummy time with certain classes have them develop strength and coordination from the floor (standing, kneeling, rolling). Develop working together, body control, planning/practicing simple actions alone using correct language for actions/apparatus.</p> <p>Outdoor Play activities: Develop skills of travelling, climbing, jumping, chasing, independence, co-operation, taking turns, handling small apparatus safely. Experience large apparatus, playground markings, a range of small equipment. Develop an awareness of basic safety practices, outdoor space, sharing with different age groups and fair play.</p> <p>Fun sports day activities: Develop skills of running, throwing, jumping, direction, control, accuracy. Develop an understanding of safe practice linked to the activities. Experience indoor/outdoor areas, competition and games, variety of activities and equipment which stimulate skill development.</p> <p>Dance Activities: learning through music. Using different games: musical statues, musical bumps etc. this can be introduced in other activities it doesn't have to be specific towards dance. (balancing=musical statues, Agility= musical bumps)</p>