West Earlham Infant and Nursery School PE – Curriculum Coverage 2025 - 206

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Develop spatial awareness Large vertical painting and drawings using large tools to strengthen upper body		Develop vestibular skills - balance and ability to stay still through movement games and action rhymes		Jumps, runs and stops with control. Dancing Use pedal bikes	
	Strengthening activities - Finger gym activities, dough disco, plasticine to roll, squeeze and manipulate, rubber bands Hand-eye coordination activities-threading, beads, pegs hammers, duplo. Using tools to make marks, including writing using palm, fist grip Refining grip, pressure and control using chubby pencils/pencil grips, felts, white boards and pens Using one handed tools - loop scissors and sprung scissors Yoga, Tummy Time					
Reception	(PAAP) Fundamental Movement Skills – Locomotor and Navigating Space Music & Movement: Autumn Get Set for P.E. Introduction to PE. Unit 1	(PAAP) Movement & Dance Music & Movement: Fireworks Fantasia Get Set for P.E Introduction to PE Unit 2	(PAAP) Fundamental Movement Skills – Agility, Balance & Coordination Music & Movement: Dirty Diggers & Dumper Trucks Get Set for P.E Ball Skills Unit 1	(PAAP) Fundamental Movement Skills – Gymnastic Music & Movement: Chinese New Year Get Set for P.E Ball Skills Unit 2	(PAAP) Multi-skills – Hand/eye and Foot/eye Coordination Music & Movement: Minibeasts Get Set for P.E Dance Unit 1	(PAAP) – Athletics Music & Movement: Jack and the Beanstalk. Sports day. Get Set for P.E Dance Unit 2
Year 1	Fundamentals The children will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.	Get Set for PE - Dance Children will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases.	Team Games (Active RE) The children will engage in physical Active RE sessions which involve working as a team.	Get Set for PE - Gymnastics The children will explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases.	Get Set for PE - Ball Skills The children will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups.	Get Set for PE -Athletics Children will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. Sports Day
Year 2	Get Set for PE - Fundamentals. The children will be introduced to a range of new games and activities which will allow them to continue to develop their fundamental skills, which are the foundations for all physical activity.	Get Set for PE - Dance The children will be listening to a range of music and sounds, whilst learning some basic dance moves. The children will be pulling these dance moves together to make a final dance piece.	Get Set for PE - Gymnastics. The children will explore a variety of different stretches, jumps, balances and rolls. We will be focusing on building these actions into a gymnastics routine, always thinking about how we can do these moves safely.	Active RE. The children will be invited to play a mixture of games which link to stories from the Bible's 'New Testament'.	Get Set for PE - Ball skills. The children will explore different games which involve balls, learn about their rules and how they can be played with their friends. We will be making sure the children are taking turns in teams and also developing those skills.	Get Set for PE - Athletics. The children will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop. Sports Day