

## PE Medium Term Planning- Nursery

### Key Knowledge

#### Prime area - Physical Development

Balance, co-ordination, gross and fine motor skills are developed through dancing, moving and using equipment such as bean bags, hoops and ropes. Children take off and put on shoes and coats independently as well as encouraging them to put on an outdoor suit with little support. Independent use of the toilet and hand washing is encouraged and supported.

Year group Nursery	Physical skills	Social skills	Emotional skills	Thinking skills
<b>Autumn 2</b> Fundamentals- Unit 1 Lesson 1-3	<ul style="list-style-type: none"> <li>To develop balancing whilst stationary and on the move.</li> <li>To develop running and stopping.</li> <li>To develop changing direction.</li> </ul>	<ul style="list-style-type: none"> <li>To help others, freeing them if they are stuck.</li> <li>To move around keeping myself and others safe.</li> </ul>	<ul style="list-style-type: none"> <li>To show honesty when playing tagging games.</li> <li>To challenge myself to try to hopping over the cone.</li> <li>To try my best.</li> </ul>	<ul style="list-style-type: none"> <li>To make decisions about where to move to keep myself and others safe.</li> <li>To understand and follow instructions.</li> <li>To decide when to change direction and where to go to try to lose my partner.</li> <li>To understand and follow instructions.</li> </ul>
<b>Spring 1</b> Fundamentals- Unit 1 Lesson 4-6	<ul style="list-style-type: none"> <li>To develop jumping and landing.</li> <li>To develop hopping and landing with control.</li> <li>To explore different ways to travel</li> </ul>	<ul style="list-style-type: none"> <li>To wait for others to finish using the hoop before I jump in to help keep everyone safe.</li> <li>To move safely around others.</li> </ul>	<ul style="list-style-type: none"> <li>To show determination to land with control when using different take offs and landings.</li> <li>To try my best.</li> <li>To show honesty when playing games.</li> </ul>	<ul style="list-style-type: none"> <li>To understand and follow instructions.</li> <li>To understand which colours match the task.</li> <li>To notice changes in my body when I warm up.</li> </ul>
<b>Spring 2</b> Fundamentals- Unit 2 Lesson 1-3	<ul style="list-style-type: none"> <li>To develop balancing.</li> <li>To develop running and stopping.</li> <li>To develop changing direction.</li> </ul>	<ul style="list-style-type: none"> <li>To take my time and work safely around others.</li> <li>To leave a space when following a partner to keep us both safe.</li> </ul>	<ul style="list-style-type: none"> <li>To challenge myself to try the more difficult tasks.</li> <li>To play games honestly.</li> <li>To try my best.</li> </ul>	<ul style="list-style-type: none"> <li>To understand and follow instructions.</li> <li>To listen to and follow instructions, responding with the appropriate action.</li> <li>To think of my own movement to do on the spot.</li> </ul>

		<ul style="list-style-type: none"> <li>To congratulate others when they do well.</li> </ul>		
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<p><b>Summer 1</b> Fundamentals- Unit 2 Lesson 4-6</p>	<ul style="list-style-type: none"> <li>To develop jumping.</li> <li>To develop hopping.</li> <li>To explore different ways to travel using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>To share equipment with others and wait for my turn.</li> <li>To work co-operatively with others.</li> <li>.</li> </ul>	<ul style="list-style-type: none"> <li>To be confident to try new challenges.</li> <li>To understand that sometimes we play games where I get caught and this is only part of the game.</li> <li>To confidently use equipment.</li> </ul>	<ul style="list-style-type: none"> <li>To understand and follow instructions.</li> <li>To understand the rules of the game.</li> <li>To explore different ways to travel.</li> </ul>
<p><b>Summer 2</b> Introduction to PE- Unit 1.</p>	<ul style="list-style-type: none"> <li>To move safely and sensibly in a space with consideration of others.</li> <li>To develop moving safely and stopping with control.</li> <li>To use equipment safely and responsibly.</li> </ul>	<ul style="list-style-type: none"> <li>To share equipment with others.</li> <li>To communicate with others when playing games.</li> <li>To show an awareness of others when working in a space.</li> </ul>	<ul style="list-style-type: none"> <li>To make independent choices whilst playing games.</li> <li>To continue to practise even if the skills are new and challenging to me.</li> <li>To show confidence to try new challenges and persevere if I find them difficult.</li> </ul>	<ul style="list-style-type: none"> <li>To choose my own method of travelling around the space.</li> <li>To listen and follow instructions.</li> <li>To reflect on my own learning, identifying what I found challenging</li> </ul>
<p><b>GDS Opportunities</b></p>	<ul style="list-style-type: none"> <li>-Can they persevere with a task and improve their performance through regular practice?</li> <li>-Can they set personal challenges and are able to achieve these?</li> <li>-Can they review, analyse and evaluate their own and others' strengths and weaknesses?</li> <li>-Can they effectively transfer skills from one sport to another?</li> <li>-Can they work effectively as a team showing good sportsmanship?</li> <li>-Can they show a great understanding of rules and tactics and adapt tactics where necessary?</li> </ul>			

- Can they show ability and confidence performing skills at a competitive level?
- Can they show an understanding of the health and fitness side of PE?
- Do they take part in a wide variety of sports both inside and outside of school, competing with others and showing enthusiasm?
- Do they show the skills to lead a group or become a sports leader?