**EYFS and KS1 – Physical Education Long Term Plan – Yearly Overview Cycle A**

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| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Nursery** | Transition & Baseline Assessments(staggered entry) | Action songs**Creative Dance**SeasonsExpressive Arts & Design | Following InstructionsBasic Fundamental Skills Introduction – e.g. marching, skipping, jumping | Riding a bikeTransition from scooter to pedal bike to balance bike | **Multi-skills**Introduction to athletics skills.Participate in first sports day |
| **Reception** | Transition & Baseline Assessments | **Real PE Unit 1**Birthday Bike SurprisePirate Pranks(yellow – green) | **Creative Dance**Circus | **Gymnastics**Small apparatus | **Real PE Unit 4**Clowning AroundWater-Ski Challenge(yellow – green) | **Multi-skills**Introduction to athletics skills and participate in sports day |
| **KS1 Indoor** | **Real PE 2**Journey to the Blue PlanetMonkey Business(yellow – green) | **Dance**Christmas Performance | **Gymnastics**ShapesTravelbalance | **Real PE 3**Tilly The TrainThembi Walks the Tightrope(yellow – green) | **Creative Dance**creating motifspatternstravelTraditional Tales /Toys | **Real PE 6**Sammy Squirrel & NutsCaspar the Clever Cat(yellow – green) |
| **KS1 Outdoor** | **Multi-skills**FootballBall controlkicking & shooting | **Multi-skills**NetballThrowing & catching | **Multi-skills** HockeyBall control, passing & scoring | **Real PE 5**John & Jasmine Learn to JuggleRingo to the Rescue(yellow – green) | **Team Games**Kick RoundersKwik CricketTeam workLearning to Compete | **Athletics**Running, Jumping & ThrowingLearning to Compete |

**EYFS and KS1 – Physical Education Long Term Plan – Yearly Overview Cycle B**

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| --- | --- | --- | --- | --- | --- | --- |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Nursery** | Transition & Baseline Assessments(staggered entry) | Action songs**Creative Dance**Growth & ChangeExpressive Arts & Design | Following InstructionsBasic Fundamental Skills Introduction – e.g. marching, skipping, jumping | Riding a bikeTransition from scooter to pedal bike to balance bike | **Multi-skills**Introduction to athletics skills. Participate in first sports day |
| **Reception** | Transition & Baseline Assessments | **Real PE Unit 1**Birthday Bike SurprisePirate Pranks(red-blue) | **Creative Dance****Seasons**Desert Island | **Gymnastics**Small apparatus | **Real PE Unit 4**Clowning Around/Water-Ski Challenge(red-blue) | **Multi-skills**Introduction to athletics skills and participate in sports day |
| **KS1 Indoor** | **Real PE 2**Journey to the Blue PlanetMonkey Business(red-blue) | **Dance**Christmas Performance | **Gymnastics**ShapesTravelbalance | **Real PE 3**Tilly The TrainThembi Walks the Tightrope(red-blue) | **Creative Dance**creating motifspatternstravel Continents / Journey to a new world | **Real PE 6**Sammy Squirrel & NutsCaspar the Clever Cat(yellow – green) |
| **KS1 Outdoor** | **Multi-skills**FootballBall controlkicking & shooting | **Multi-skills**NetballThrowing & catching | **Multi-skills** RugbyPassing, tagging & scoring | **Real PE 5**John & Jasmine Learn to JuggleRingo to the Rescue(yellow – green) | **Team Games**Kick RoundersKwik CricketTeam workLearning to Compete | **Athletics**Running, Jumping & ThrowingLearning to Compete |