**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**  Seasons  Expressive Arts & Design | Following Instructions  Basic Fundamental Skills Introduction – e.g. marching, skipping, jumping | | Riding a bike  Transition 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 Surprise  Pirate Pranks  (yellow – green) | **Creative Dance**  Circus | **Gymnastics**  Small apparatus | **Real PE Unit 4**  Clowning Around  Water-Ski Challenge  (yellow – green) | **Multi-skills**  Introduction to athletics skills and participate in sports day |
| **KS1 Indoor** | **Real PE 2**  Journey to the Blue Planet  Monkey Business  (yellow – green) | **Dance**  Christmas Performance | **Gymnastics**  Shapes  Travel  balance | **Real PE 3**  Tilly The Train  Thembi Walks the Tightrope  (yellow – green) | **Creative Dance**  creating motifs  patterns  travel  Traditional Tales /Toys | **Real PE 6**  Sammy Squirrel & Nuts  Caspar the Clever Cat  (yellow – green) |
| **KS1 Outdoor** | **Multi-skills**  Football  Ball control  kicking & shooting | **Multi-skills**  Netball  Throwing & catching | **Multi-skills**  Hockey  Ball control, passing & scoring | **Real PE 5**  John & Jasmine Learn to Juggle  Ringo to the Rescue  (yellow – green) | **Team Games**  Kick Rounders  Kwik Cricket  Team work  Learning to Compete | **Athletics**  Running, Jumping & Throwing  Learning 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 & Change  Expressive Arts & Design | Following Instructions  Basic Fundamental Skills Introduction – e.g. marching, skipping, jumping | | Riding a bike  Transition 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 Surprise  Pirate 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 Planet  Monkey Business  (red-blue) | **Dance**  Christmas Performance | **Gymnastics**  Shapes  Travel  balance | **Real PE 3**  Tilly The Train  Thembi Walks the Tightrope  (red-blue) | **Creative Dance**  creating motifs  patterns  travel Continents / Journey to a new world | **Real PE 6**  Sammy Squirrel & Nuts  Caspar the Clever Cat  (yellow – green) |
| **KS1 Outdoor** | **Multi-skills**  Football  Ball control  kicking & shooting | **Multi-skills**  Netball  Throwing & catching | **Multi-skills**  Rugby  Passing, tagging & scoring | **Real PE 5**  John & Jasmine Learn to Juggle  Ringo to the Rescue  (yellow – green) | **Team Games**  Kick Rounders  Kwik Cricket  Team work  Learning to Compete | **Athletics**  Running, Jumping & Throwing  Learning to Compete |