

Meltham Moor PE Long Term Plan 2023

	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	<p>At age 3-4 years:</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. 				
R	<p>In Reception:</p> <ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing • Progress towards a more fluent style of moving, with developing control and grace • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming • confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility. • Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. <p style="background-color: yellow;">Reception will have sessions led by Legacy sport coach Autumn and Spring and Sophie (Bodyrockers dance) Summer 2</p>				

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Strands	FMS, fundamentals, movement and fitness		Games	Dance	OAA	Body Management	Swimming
	Autumn 1		Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Kirk Fundamental skills			Dance Sophie	Gym Sophie	Kirk Sending and receiving	athletics
	Ball skills	Ball skills	gym	Target games	yoga	Net and wall games	Kirk Team building /striking and fielding
2	Dance Sophie		Gym Sophie	Kirk Invasion games		Sophie-dance	Team building/striking and fielding
	Ball skills	Ball skills	gym	Fitness	Yoga	Net and wall games	athletics
3	Dance Sophie		Gym Sophie	Kirk fitness	Kirk Tag rugby	Dance Sophie	Outdoor and adventurous
	Ball skills	Ball skills	dodgeball	yoga	Net and wall games- netball	cricket	Athletics Kirk

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4	Kirk athletics		Kirk Football	Dance- Sophie	Gym Sophie	Outdoor and adventurous- Kirk	tennis
	Basketball	Yoga	Gym	netball	hockey	cricket	Fitness
5	Kirk athletics		Kirk dodgeball	Dance- Sophie	Gym Sophie	Outdoor and adventurous- Kirk	Tag rugby/cricket
	swimming		swimming	swimming	Yoga	cricket	Net and wall Tennis
6	Dance- Sophie		Gym Sophie	Kirk Hockey	Kirk Tag rugby	Gymnastics- Dance	tennis
	Athletics		Volley/basketball	net and wall games- netball	Yoga	cricket	Outdoor and adventurous Kirk Leaver's dance performance preparation with Sophie

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	T1a	T1b	T2a	T2b	T3a	T3b
Sports competitions and events	Cross country Futsal	Sport hall athletics Gym festival	Basketball Gym competition	Strictly Pennine dance Tag rugby hockey	Neiley races Cricket netball	Rounders tennis