

Christ Church Infant School
Whole School Long Term P.E Overview

| Year | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Nursery | <p>At least 90 minutes per day of moderate to vigorous activity through planned provision. Including opportunities to develop fundamental small and gross motor movement skills, develop body strength, co-ordination, balance and agility.</p> | | | | | |
| Reception | <p>Multi skills Agility, balance and co-ordination</p> | <p>Parachute games</p> | <p>Let's get moving Agility, balance and co-ordination</p> | <p>Striking and Fielding</p> | <p>Net Wall games / Tennis</p> | <p>Gymnastics Gym in the Jungle Twinkl Move Fundamental movements including, rolling, crawling, walking, running, hopping, skipping, climbing, as well as developing balance, agility and co-ordination.</p> |

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| | <p>Reception Games</p> <p>Best of Balls Twinkl Move</p> <p>Fundamental movements including throwing, catching, kicking, passing, batting and aiming as well as developing balance, agility and co-ordination</p> | <p>Dance Movement to music</p> <p>Sticky Kids Fundamental movement skills. Agility, balance and co-ordination</p> | <p>Gymnastics</p> <p>Jumping Jacks and Rock and Roll</p> <p>Fundamental movements including, rolling, crawling, walking, running, hopping, skipping, climbing, as well as developing balance, agility and co-ordination.</p> | <p>Dance</p> <p>Dance Till you drop Twinkl Move</p> <p>Fundamental movement skills. Agility, balance and co-ordination</p> | <p>Reception Games- The Olympics</p> <p>Fundamental movements including running, jumping, throwing and catching, batting and aiming as well as developing balance, agility and co-ordination</p> | <p>Athletics Including Sports Day</p> <p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> |
| <p>Year 1</p> | <p>Dance</p> <p>Toys</p> <p>Dance Notes</p> <p>Fundamental movement skills. Agility, balance and coordination.</p> | <p>Gymnastics</p> <p>Animals Twinkl Move</p> <p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> | <p>Dance</p> <p>Super Heroes</p> <p>Dance Notes</p> <p>Fundamental movement skills. Agility, balance and co-ordination</p> | <p>Gymnastics</p> <p>Traditional Tales</p> <p>Twinkl Move</p> <p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> | <p>Multi skills</p> <p>Twinkl Move</p> <p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> | <p>Circuit Training</p> <p>Twinkl Move</p> <p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> |

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| | Multi Skills Agility, balance and co-ordination | Net wall games Badminton | Invasion games | Outdoor adventure Active play | Striking and fielding and Active play | Athletics Including Sports Day |
| Year 2 | Ball skills Throwing and catching Twinkl Move Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. | Dance Penguin Small Dance Notes Fundamental movement skills. Agility, balance and co-ordination. | Gymnastics Landscapes and City Scapes Twinkl Move Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. | Dance Chocolate Dance Notes Fundamental movement skills. Agility, balance and co-ordination. | Gymnastics Under the Sea Twinkl Move Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. | Circuit Training Twinkl Move Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. |
| | Multi skills Agility, balance and co-ordination | Net Wall games Badminton | Invasion games | Outdoor adventure Active play | Striking and Fielding Active play | Athletics including Sports Day |