



Ruardean C of E Primary Love of learning - Love of life - Love of one another

P.E. Curriculum Long Term Plan (Updated March 2023)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PD – Gross Motor- Year R	<ul style="list-style-type: none"> •Go up steps and stairs or climb apparatus using alternate feet • use large-muscle movements to wave flags, streamers, paint and make marks •Continue to develop their movement, balancing, riding bikes etc and ball skills • Match their developing physical skills to task and activities in the setting e.g choose movement to travel across, within or over 	<ul style="list-style-type: none"> •Skip, hop, stand on one leg, balance, hold a pose for a game • Develop overall body-strength, balance, co-ordination and agility • Develop confidence, competence, precision, accuracy when engaging with activities using a ball •Collaborate with others to manage large items safely. 	<ul style="list-style-type: none"> •Skip, hop, stand on one leg, balance, hold a pose for a game • Develop overall body-strength, balance, co-ordination and agility • Develop confidence, competence, precision, accuracy when engaging with activities using a ball •Collaborate with others to manage large items safely. 	<ul style="list-style-type: none"> •Revise and refine fundamental movement skills that they have already acquired e.g rolling, crawling, running, walking, jumping, hopping, skipping, climbing • Further develop ball skills range including catching, throwing, kicking batting • Confidently and safely use a range of large and small apparatus inside and outside, alone and with others. •Start taking part in group activities which they make up for themselves or in teams 	<ul style="list-style-type: none"> •Revise and refine fundamental movement skills that they have already acquired e.g rolling, crawling, running, walking, jumping, hopping, skipping, climbing • Further develop ball skills range including catching, throwing, kicking batting • Confidently and safely use a range of large and small apparatus inside and outside, alone and with others. •Start taking part in group activities which they make up for themselves or in teams 	<ul style="list-style-type: none"> •Revise and refine fundamental movement skills that they have already acquired e.g rolling, crawling, running, walking, jumping, hopping, skipping, climbing • Further develop ball skills range including catching, throwing, kicking batting • Confidently and safely use a range of large and small apparatus inside and outside, alone and with others. •Start taking part in group activities which they make up for themselves or in teams
PD – Fine Motor Year R	<ul style="list-style-type: none"> •Use one-handed tools and equipment e.g. snipping with scissors • Experiment using different mark-making tools •Use fingers and tools to make and follow lines, circles, loops, marks •Use different materials and tools to pinch, press, push, roll, squash, stretch 	<ul style="list-style-type: none"> • Use one-handed tools and equipment e.g. snipping with scissors • Experiment using different mark-making tools •Use fingers and tools to make and follow lines, circles, loops, marks •Use different materials and tools to pinch, press, push, roll, squash, stretch 	<ul style="list-style-type: none"> • Begin to use a dominant hand • Show greater control and an appropriate grip when using mark making tools •Be increasingly independent when getting dressed / undressed e.g. coats and zips 	<ul style="list-style-type: none"> • Begin to use a dominant hand • Show greater control and an appropriate grip when using mark making tools •Be increasingly independent when getting dressed / undressed e.g. coats and zips 	<ul style="list-style-type: none"> •Use a comfortable grip with good control when using pencils or pens •Draw a picture showing control and clarity of shapes and lines •Further develop fine motor skills so a range of tools can be used with control, safely and competently. 	<ul style="list-style-type: none"> •Use a comfortable grip with good control when using pencils or pens •Draw a picture showing control and clarity of shapes and lines •Further develop fine motor skills so a range of tools can be used with control, safely and competently.
ELG	ELG: Gross Motor Skills Children at the expected level of development will: - Negotiate space and obstacles safely, with consideration for themselves and others; - Demonstrate strength, balance and coordination when playing; - Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. ELG: Fine Motor Skills Children at the expected level of development will: - Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases; - Use a range of small tools, including scissors, paint brushes and cutlery; - Begin to show accuracy and care when drawing.					
Beeches Sept 2022 (A)	Games and fundamental skills Freeze tag and Bowls (Double Unit) GAMES SKILL LADDER	Gymnastic (floor work) rolling and jumps GYMNASTIC SKILL LADDER Dance- Toys DANCE SKILL LADDERS	Swimming Gymnastic (large apparatus) Jumps and vaulting- spring board GYMNASTIC SKILL LADDERS	Dance- Kenya DANCE SKILL LADDER Athletic- jumping- and skipping ATHLETIC SKILL LADDER	Games Large cricket GAMES SKILL LADDER Athletic (focus running) ATHLETIC SKILL LADDER	Athletic (focus throwing) ATHLETIC SKILL LADDER Games /Mini tennis GAMES SKILL LADDER



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Beeches Sept 2023 (B)	Games and fundamental skills Crazy hoops and Cat and mouse (Double Unit) GAMES SKILL LADDER	Games Capture the Flag GAMES SKILL LADDER Gymnastic (floor work) Handstands and cartwheels GYMNASTIC SKILL LADDER	Swimming Dance- country dancing DANCE SKILL LADDER	Gymnastic (large apparatus) shapes and balancing GYMNASTIC SKILL LADDER Athletic- jumping-linking to jumping and skipping ATHLETIC SKILL LADDERS	Athletic (focus running) ATHLETIC SKILL LADDER Games Mini netball/basketball GAMES SKILL LADDER	Dance seaside DANCE SKILL LADDER Athletic (Focus throwing) ATHLETIC SKILL LADDER
Larches & Oaks Sept 2022 (A)	Hockey (ProStars) GAMES SKILL LADDER Netball/basketball (ProStars) GAMES SKILL LADDER	Gymnastics – rolls and jumps PLUS using large and small apparatus (ProStars) GYMNASTIC SKILL LADDERS Orienteering (ProStars)	Swimming Gymnastics – shapes and balances PLUS using large and small apparatus (ProStars) GYMNASTIC SKILL LADDER	Dance – topic and traditional DANCE SKILL LADDER Athletic Throwing focus- archery, javelin, disc throwing and shotput (ProStars) ATHLETIC SKILL LADDERS	Tennis (ProStars) GAMES SKILL LADDER Dance- traditional DANCE SKILL LADDER	Cricket (ProStars) GAMES SKILL LADDER Athletics – running and Jumping focus (ProStars) ATHLETIC SKILL LADDER
Larches & Oaks Sept 2023 (B)	Football (ProStars) GAMES SKILL LADDER Tag Rugby (ProStars) GAMES SKILL LADDER	Gymnastics (vaulting) (ProStars) GYMNASTIC SKILL LADDER Dance- traditional DANCE SKILL LADDER	Swimming Gymnastics (handstands and cartwheels) (ProStars) GYMNASTIC SKILL LADDER	Dance- topic and traditional DANCE SKILL LADDER Tri-golf (ProStars) GAMES SKILL LADDER	Badminton (ProStars) GAMES SKILL LADDER Athletics – running and Jumping focus (ProStars) ATHLETIC SKILL LADDER	Rounders (ProStars) GAMES SKILL LADDER Athletic Throwing focus- archery, javelin, disc throwing and shotput (ProStars) ATHLETIC SKILL LADDER