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| Year Group | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Nursery | Stability | Locomotion (FMS)  Birth to 3  Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.  Children 3-4  Skip, hop, stand on one leg and hold a pose for a game like musical statues. | Dance  Birth to 3  Clap and stamp to music.  Children 3-4  Increasingly be able to use and remember sequences and patterns of movement which are related to music and rhythm. | Ball games  Birth to 3  Pass things from one hand to the other. Let go of things and hands them to another person, or drops them  Enjoy starting to kick, throw and catch balls.  Children 3-4  Start taking part in some group activities which they make up for themselves, or in teams. | Athletics  Birth to 3  Walk, run, jump and climb  Children 3-4  Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. | Gymnastics  Birth to 3  Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.  .  Children 3-4  Go up steps and stairs, or climb up apparatus, using alternate feet. |
| Reception | Stability  Children in reception:  Develop overall body strength, co-ordination, balance and agility needed to engage in educations sessions. | Fundamental movement skills.  Children in reception:  Revise and refine-   * Rolling * Crawling * Walking * Jumping * Running * Hopping * Skipping * Climbing | Gymnastics  Children in reception:  Progress towards a more fluent style of moving, with developing control and grace. | Dance  Children in reception:  Progress towards a more fluent style of moving, with developing control and grace. | Athletics  By the end of reception ELG:  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. | Target games  Children in reception:  Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming. |