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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 3-4Skip, hop, stand on one leg and hold a pose for a game like musical statues.  | DanceBirth 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 themEnjoy 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. | AthleticsBirth to 3 Walk, run, jump and climbChildren 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. |