



St Michael's Nursery and Infant School

PE Long Term Plan 2023-2024

		Autumn	Spring	Summer
Curriculum Time	EYFS	<ul style="list-style-type: none"> Weekly and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery Nursery am – weekly focused Physical Development sessions with Miss Lofthouse 	<ul style="list-style-type: none"> Weekly and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery Nursery am – weekly focused Physical Development sessions with Miss Lofthouse Mult Skills with Reece Robinson 	<ul style="list-style-type: none"> Weekly and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery Nursery am – weekly focused Physical Development sessions with Miss Lofthouse Multi-Skills with Amy Lawless 3x sessions - Reception and PM Nursery Reception weekly focused PE sessions with Mrs Hudson.
	KS1	<ul style="list-style-type: none"> Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions Yoga with Tamzin – 1 session per week Kinder Cricket with Chris Hodgson Mult Skills with Reece Robinson 	<ul style="list-style-type: none"> Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions Yoga with Tamzin – 1 session per week Kinder Cricket with Chris Hodgson Multi skills with Kate Chester 	<ul style="list-style-type: none"> Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions Yoga with Tamzin – 1 session per week Year 2 swimming lessons at Workington Leisure Centre - 5x 45min sessions
	Whole	<ul style="list-style-type: none"> Lunch time sports with David Wise – Tuesday Active zones every lunchtime – delivered by lunchtime staff Wheelchair Basketball session 	<ul style="list-style-type: none"> Lunch time sports with David Wise – Tuesday Active zones every lunchtime – delivered by lunchtime staff 	<ul style="list-style-type: none"> Lunch time sports with David Wise – Tuesday Active zones every lunchtime – delivered by lunchtime staff School Sports Day
Afterschool Clubs		<ul style="list-style-type: none"> Gymnastics 	<ul style="list-style-type: none"> Tennis U Dance 	<ul style="list-style-type: none"> Tennis Cheer
Competitions, Festivals and Celebrations		KS1 Multi Skills	<ul style="list-style-type: none"> KS1 Multi Skills U Dance Dodgeball 	<ul style="list-style-type: none"> KS1 Kinder Cricket Whole School Sports Day KS1 Football Reception multi skills

Early Years	Development Matters Outcomes	
	Nursery	Reception
Autumn 1	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.	Revise and refine the fundamental movement skills they have already acquired: -rolling - walking- running - skipping crawling - jumping - hopping – climbing Confidently and safely use a range of large and small apparatus indoors and outside – alone.
Autumn 2	Use large-muscle movements to wave flags and streamers, paint and make marks.	Develop body strength Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor Develop and refine ball skills – throwing and catching
Spring 1	Start taking part in some group activities which they make up for themselves, or in teams.	Progress towards a more fluent style of moving, with developing control and grace. Develop balance. Develop and refine ball skills – kicking and passing
Spring 2	Skip, hop, stand on one leg and hold a pose for a game like musical statues.	Combine different movements with ease and fluency. Develop co-ordination Develop and refine ball skills – batting and aiming
Summer 1	Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks	Develop agility Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
Summer 2	Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education session

Key Stage 1	Focus	National Curriculum Objectives
Autumn 1	Multi Skills: Ball Co-ordination	Master basic movements – throwing and catching
Autumn 2	Creative Movement – Gymnastics	Perform dances using simple movement patterns.
Spring 1	Team Invasion Games	Participate in team games, developing simple tactics for attacking and defending
Spring 2	Sports Hall Athletics Kicky Rounders	Master basic movements – running, jumping, balance, agility and co-ordination
Summer 1	Sports Day Preparations Kicky Rounders	Master basic movements – running, jumping, balance, agility and co-ordination
Summer 2	Advanced Multi-Skills	Participate in team games, developing simple tactics for attacking and defending