



# St Michael's Nursery and Infant School

## PE Long Term Plan 2024-25

		Autumn	Spring	Summer
Curriculum Time	EYFS	<ul style="list-style-type: none"> <li>Weekly dance and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery</li> <li>Nursery am – weekly focused Physical Development sessions with Miss Routledge</li> <li>Multi - Skills with Reece Robinson - Reception</li> <li>Pro-Ride Balance Bike Day</li> </ul>	<ul style="list-style-type: none"> <li>Weekly dance and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery</li> <li>Nursery am – weekly focused Physical Development sessions with Miss Routledge</li> <li>Multi Skills with Reece Robinson – Nursery</li> </ul>	<ul style="list-style-type: none"> <li>Weekly dance and gymnastics with Natalie Cook 1x45mins – Reception and PM Nursery</li> <li>Nursery am – weekly focused Physical Development sessions with Miss Routledge</li> <li>Reception weekly focused PE sessions</li> <li>Pro-Ride Balance Bike Day</li> </ul>
	KS1	<ul style="list-style-type: none"> <li>Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions</li> <li>Yoga with Tamzin – 1 session per week</li> <li>Kinder Cricket with Chris Hodgson</li> </ul>	<ul style="list-style-type: none"> <li>Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions</li> <li>Yoga with Tamzin – 1 session per week</li> <li>Kinder Cricket with Chris Hodgson</li> </ul>	<ul style="list-style-type: none"> <li>Weekly P.E sessions planned for and delivered by David Wise – x1 hour sessions</li> <li>Yoga with Tamzin – 1 session per week</li> <li>Year 2 swimming lessons at Workington Leisure Centre - 5x 45min sessions</li> </ul>
	Whole	<ul style="list-style-type: none"> <li>Lunch time sports with David Wise – Tuesday</li> <li>Active zones every lunchtime – delivered by lunchtime staff</li> <li>Wheelchair Basketball session</li> </ul>	<ul style="list-style-type: none"> <li>Lunch time sports with David Wise – Tuesday</li> <li>Active zones every lunchtime – delivered by lunchtime staff</li> </ul>	<ul style="list-style-type: none"> <li>Lunch time sports with David Wise – Tuesday</li> <li>Active zones every lunchtime – delivered by lunchtime staff</li> <li>School Sports Day</li> </ul>
Afterschool Clubs		<ul style="list-style-type: none"> <li>Gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>Tennis</li> <li>U Dance</li> </ul>	<ul style="list-style-type: none"> <li>With Coach David – to be decided on by the school concil.</li> <li>Cheer</li> </ul>
Competitions. Festivals and Celebrations			<ul style="list-style-type: none"> <li>U Dance</li> <li>Dodgeball: a and b teams (competitive) and inclusive team.</li> <li>Football – competitive</li> <li>Kicky rounders – inclusive</li> </ul>	<ul style="list-style-type: none"> <li>KS1 Kinder Cricket</li> <li>Whole School Sports Day</li> <li>Reception multi skills - inclusive</li> </ul>

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

<b>Key Stage 1 PE with Coach David</b>	<b>Focus</b>	<b>National Curriculum Objectives</b>
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
<b>Key Stage 1 Yoga with Tamzin</b>	<b>Skill Development</b>	<b>Learning Objective</b>
Autumn 1	Flexibility  Balance  Strength  Posture	To develop an understanding of Yoga stretching & body anatomy.  To develop understanding that Yoga is not a religion or a competitive sport but all inclusive.
Autumn 2	Self awareness  Self-regulation techniques  Healthy communication	To develop an understanding of human emotions and recognise the sensations they bring to the body.

	<p>Healthy expression of emotions</p> <p>Observation and recognition of one's own &amp; others needs</p>	
Spring 1	<p>Understand the 5 'Yoga Virtues':</p> <ul style="list-style-type: none"> <li>- Peace</li> <li>- Kindness</li> <li>- Acceptance</li> <li>- Gratitude</li> <li>- Non-Judgement</li> </ul>	<p>To learn morals through story, myth and legends from Hindu and Native American culture.</p> <p>Learn the core yoga philosophy 'The Rainbow in the Body'.</p>
Spring 2	<p>To calm anxiety</p> <p>Lengthen attention span</p> <p>Improve memory</p> <p>Improve sleep</p> <p>Regulate heartbeat</p>	<p>To develop an understanding of the benefits of meditation.</p> <p>To learn how to create a safe, peaceful space to meditate at home.</p>
Summer 1	<p>Strengthen lung capacity</p> <p>Improve focus and mood</p> <p>Reduce anger and frustration</p> <p>Improve digestion</p> <p>Reduce stress</p> <p>Reduce muscle tension</p>	<p>To develop breathing awareness and relaxation techniques.</p>
Summer 2	<p>Work safety</p> <p>Collaboration</p>	<p>To create yoga sequences and teach peers.</p>

	Leadership Independence Remember sequences and poses	
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