

# PE: Curriculum Overview

## Early Years



Nursery



**AUTUMN:**

Locomotion – Introducing children to moving in different ways and directions, learning about their own space and negotiating space with others.

Gymnastics – travelling, stopping and making shapes

**SPRING:**

Stability – Focussing on static balances & begin to move into dynamic ways of balancing

Dance – using a theme to create a routine of movements in time to music

**SUMMER:**

Fine motor skills – building on gross motor skills and combining our locomotion skills with fine motor activities

Target games – using different techniques to send objects with accuracy and power, using both hands and feet

**AUTUMN:**

Locomotion – linking up different ways of moving and starting to incorporate different equipment whilst moving.

Gymnastics: Flight – bouncing, jumping and landing

**SPRING:**

Stability – focussing on dynamic balances and dodging as a pre-requisite for being successful in games

Dance – Using a theme to create a routine of movements in time with music

**SUMMER:**

Athletics – developing techniques for running in lanes for races, jumping using different techniques

Target games – using different techniques to send objects with accuracy and power, using both hands and feet



Reception