

PE	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<p>EYFS 1 Tadpoles Frogs Both-(Tadpoles & Frogs)</p>	<p>Theme: My Family and Me</p> <p>Clap and stamp to music. Move your body in different ways e.g. waving, rolling, crawling.</p> <p>Climb steps, ladders and climbing frames. Practise taking off and putting on shoes/wellies/ waterproofs. Use large muscle movements to wave flags and streamers, paint and make marks.</p> <p>Negotiate space when running.</p>	<p>Theme: Traditions Around the World</p> <p>Have a go at fitting into spaces like tunnels, dens and large boxes and move around in them. Manipulate materials e.g. tearing paper/printing.</p> <p>Practise using knives and forks. Find and use appropriate resources to carry out your plan/idea e.g. a large spade to dig a hole. Have a go at jumping and landing safely from different heights.</p>	<p>Theme: On the Farm</p> <p>Gain confidence in using tricycles. Build independently with a range of construction resources.</p> <p>Use one handed tools e.g. scissors to make snips in paper and other materials. Develop physical skills when using bikes and scooters. Practise putting on your own socks. Develop fine motor skills to support pencil control.</p> <p>Explore a range of different ways of moving e.g. shuffling, twirling, sliding, hopping.</p>	<p>Theme: People that Help Us</p> <p>Walk and run on different terrain, climb and jump off of apparatus.</p> <p>Collaborate with others to manage large items, such as moving the big blocks and wooden planks. Develop ball skills by practising kicking/aiming/scooping. Negotiate space successfully and avoid obstacles. Develop fine motor skills by threading items onto string.</p>	<p>Theme: Safari and Jungle Explorers</p> <p>Use large and small motor skills to do things independently e.g. buttons/zips/ pouring drinks at snack time. Gain confidence in using balance bikes.</p> <p>Talk about making healthy choices about food, drink, exercise and teeth brushing. Skip, hop and stand on one leg and hold a pose when dancing to Flora Day music.</p> <p>Develop gross motor skills by swinging on the rope bridge and</p>	<p>Theme: Sea and Coastal Life</p> <p>Explore using different tools and materials e.g. clay, brushes, shells. Gain independence in dressing and undressing.</p> <p>Remember and perform sequences and patterns of movements which are related to music and rhythm. Move your body in different ways e.g. slithering, running, crawling, shuffling, hopping.</p> <p>Develop ball skills e.g. passing, scoring and rolling. Run at different speeds.</p>

		Balance on wooden beams and climbing equipment. Dance to traditional music from around the world. Hold and use jugs to pour.	Develop ball skills, including kicking, throwing and catching.		waving streamers in the air. Develop fine motor skills by using tweezers to pick things up. Form recognisable letters or imitate drawing shapes.	Develop fine motor skills by using finer paintbrushes.
EYFS 2	Theme: My Family and Me /Autumn/ Cornwall Swimming Dance with Jo	Theme: Winter Wonderland Swimming Outdoor sports - Plymouth Argyle	Theme: Explorers Swimming Dance with Jo	Theme: Fantasies and Fairies/ Super heroes/ Real Life Super heroes Swimming Outdoor Sports - Plymouth Argyle	Theme: In Our Patch Swimming Dance with Jo	Theme: Under the Sea Swimming Outdoor Sports - Plymouth Argyle
YEAR 1	Outdoor Games 1 Dance	Outdoor Games 2 Fundamental Skills	Net and Wall Games Gymnastics	Striking and Fielding Gymnastics	Athletics 1 Yoga	Athletics 2 Dance
YEAR 2	Outdoor games Gymnastics	Striking and Fielding Dance	Multiskills Badminton	Hockey Netball	Tennis Yoga	Athletics Cricket
YEAR 3	High 5 Netball Dance	Football Badminton	Hockey Gymnastics	Touch Rugby Cricket	Athletics Tennis	Rounders Gymnastics
YEAR 4	Football Cricket	Hockey Gymnastics	High 5 Netball Basketball	Tennis Volleyball	Athletics Dance	Rounders No indoor

PARCC VIRTUES- ASPIRATIONAL, RESILIENT AND CHALLENGE SEEKING, CARING AND COLLABORATIVE, CREATIVE AND CURIOUS

YEAR 5	Basketball	Hockey	Football	Rounders	Cricket	Athletics
	Dance	Yoga	Volleyball	Gymnastics	Badminton	Tennis
YEAR 6	Touch Rugby	High Five	Hockey	Football	Athletics	Tennis
	Badminton	Volleyball	Gymnastics	Cricket	Dance	No indoor-production