

Nursery Topic Coverage- PE

<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<ul style="list-style-type: none"> Go up steps and stairs, or climb up apparatus, using alternate feet. Use large-muscle movements to wave flags and streamers, paint and make marks. Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel 		<ul style="list-style-type: none"> Skip, hop, stand on one leg and hold a pose for a game like musical statues. Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Are increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. 		<ul style="list-style-type: none"> Start taking part in some group activities which they make up for themselves, or in teams. Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. 	
<u>Vocabulary</u>					
straight, pike, tuck, straddle, star, shape, curl, roll, position, body parts, travel, travelling- slither, gallop, shuffle, roll, crawl, jump, balance, climbing		travelling - slither, gallop, shuffle, roll, crawl actions - lead, follow copy, body parts, co-operation - share, wait, before, after, direction – forwards, backwards, feeling - happy, excited, sad, body actions e.g. stretching, curling, reaching, twisting, turning, movement - strong, gentle, heavy, floppy Space - between, through, above.		walking, running, throwing, fast, slow, catching, rolling, space, pushing, patting, kicking, bounce, control, co-ordination, bounce, body parts.	
<u>I will learn...</u>					
<ul style="list-style-type: none"> ✓ How to travel in a variety of ways. ✓ How to listen carefully and follow instructions. ✓ How to climb confidently. ✓ How to be safe when climbing/walking up stairs and steps. ✓ How to balance on one foot. ✓ How to draw circles using gross motor skills. 		<ul style="list-style-type: none"> ✓ How to travel in a variety of ways. ✓ How to move to music using a range of body parts. ✓ How to express feelings through dance. ✓ How to capture experiences and responses with music and dance. ✓ How to imitate what I have observed. 		<ul style="list-style-type: none"> ✓ How to catch a large ball. ✓ How to negotiate space successfully. ✓ How to adjust speed and direction to avoid some obstacles. 	