



PE Curriculum 2023/24

Nursery						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	All about Me and Autumn	Traditional Tales	Vehicles, materials and people who help us	Growing and Changing	Under the Sea, holidays and pirates	Animals and Habitats
Fundamental Movement Skills	Get Set for PE Introduction to PE: Unit 1 Moving safely, running, jumping, skipping, throwing, catching, following a path.	Fundamentals: Unit 1 Balancing, running, changing direction, jumping, hopping and travelling				
Gymnastics			Gymnastics: Unit 1 Shapes, balances, jumps, rocking, rolling, travelling Awareness of space and use it to perform basic shapes on floor and apparatus Copy, create and remember short sequences Using levels and directions when travelling and balancing			
Dance				Dance: Unit 1 Explore space and how to use it safely Travelling movements, shapes and balances Choosing actions in response to stimulus Copy, repeat and remember actions		



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Ball Skills					Ball Skills: Unit 1 Fundamental ball skills – rolling, stopping, throwing at a target, bouncing, dribbling with feet, kicking a ball	
Games						Games: Unit 1 Further develop fundamental movement skills in games – running, balancing, changing direction, striking a ball, throwing
Collaborative Activities	Get Set for PE Introduction to PE: Unit 1 Using and sharing equipment Working individually, with a partner and group	Fundamentals: Unit 1 Working independently and with a partner	Gymnastics: Unit 1 Taking turns, co-operation, communication	Dance: Unit 1 Perform to others and provide simple feedback	Ball Skills: Unit 1 Working independently and with a partner	Games: Unit 1 Communication, co-operation, taking turns, supporting and encouraging others
Vocab	Safe space, feet, body, move, listen, space, rules	Run, slow, fast, safely, space, stop, direction, rules	Land, roll, star, balance, hold, shape, travel, roll	Action, direction, high, move, shape, space, travel	Dribbling, catch, hit, partner, kick, target, roll, throw	Pass, space, catch, direction, dribble, partner, team, run, kick, jump, throw, safely



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Reception						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	My World	Celebrations	The world around me	Growing and Changing	Under the Sea	Animals and Habitats
Fundamental Movement Skills	Get Set for PE Introduction to PE: Unit 2 Fundamental movement skills – running, jumping and skipping, throwing, catching, rolling	Fundamentals: Unit 2 Fundamental movement skills – balancing, running, jumping, hopping, travelling and changing direction				
Gymnastics			Gymnastics: Unit 2 Explore basic movements, creating shapes and balances, jumps and rolls Awareness of space and how to use it safely Perform on floor and apparatus Copy, create and remember short sequences Using levels and directions when travelling and balancing			



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Dance				Dance: Unit 2 Explore safe and using it safely Travelling actions, shapes and balances Choose own actions and respond to stimulus Copy, repeat and remember actions		
Ball Skills	Get Set for PE Introduction to PE: Unit 2 Fundamental movement skills –, throwing, catching, rolling				Ball Skills: Unit 2 Fundamental ball skills – throwing, catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball.	
Games	Get Set for PE Introduction to PE: Unit 2 Play simple games Begin to understand and use rules					Games: Unit 2 Further develop fundamental movement skills by playing a variety of games.
Collaborative Activities	Get Set for PE Introduction to PE: Unit 2 Using and sharing equipment and working individually, with a partner and group	Fundamentals: Unit 2 Working independently and with a partner to complete tasks	Gymnastics: Unit 2 Leadership, taking turns and helping others	Dance: Unit 2 Perform to others and provide simple feedback	Ball Skills: Unit 2 Working independently and with a partner	Games: Unit 2 Working as a team, taking turns, keeping score, playing against an opponent and playing by the rules.
Vocab	travel, safely, explore, run, hop, travel, take in turns, rules	Rules, balance, travel, bend, direction, run, jump, land, hop, stop, rules	Copy, shape, roll, star, balance, hold, bend, still, straight, travel, share, work together	Action, direction, move, travel, counts, start and finish position, low, quickly, slowly, copy, watch, ready	Dribbling, catch, hit, partner, ready, run, target, bounce, ball, kick, roll, score, throw	Pass, space, catch, direction, dribble, partner, rules, team, kick, throw, score, aim, safely, points, lose, win