

PE Coverage 2023/2024

Nursery

Physical Development	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:
	<ul style="list-style-type: none"> PE lesson: Basics (moving safely, spatial aware/stopping) 	<ul style="list-style-type: none"> PE lesson: Physical Literacy and 121 Action Kids – Val Sabin 	<ul style="list-style-type: none"> PE lesson: Physical Literacy and 121 Action Kids – Val Sabin 	<ul style="list-style-type: none"> PE lesson: Jungle Journey 	<ul style="list-style-type: none"> PE lesson: Dance – The Little Book of Dance 	<ul style="list-style-type: none"> PE: Sports Day practice
	<ul style="list-style-type: none"> Use the toilet independently. Run and jump. Climb stairs using alternate feet 		<ul style="list-style-type: none"> Manage own toileting needs (use toilet/wash and dry hands) Handle some of your own hygiene needs (e.g., handwashing, tooth brushing) Match movements to tasks e.g., run to chase, crawl through tunnels, etc. 	<ul style="list-style-type: none"> Use the toilet independently (including hygiene) and usually dry. Make healthy choices (food, drink, exercise) Able to balance (balance bikes, scooters, climbing) Skip, hop, and stand on one leg. Use large scale movements 		
Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:
<ul style="list-style-type: none"> Funky Fingers <ul style="list-style-type: none"> Show a preference for a dominant hand. 		<ul style="list-style-type: none"> Funky Fingers <ul style="list-style-type: none"> Start to eat using a knife and fork. Start to manage putting on coats, zips, etc. 		<ul style="list-style-type: none"> Funky Fingers <ul style="list-style-type: none"> Gain confidence using one handed tool. Use a comfortable grip with some control when using pencils, etc. 		

Reception

Physical Development	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:	Gross Motor:
	<ul style="list-style-type: none"> DTF PE: Striking and Fielding DTF: Gymnastics lesson 1 Dance Let's Move: Autumn (3) 	<ul style="list-style-type: none"> DTF PE: Invasion Games DFE: Gymnastics lesson 2 Dance Let's Move: People who help us (2) 	<ul style="list-style-type: none"> DTF PE: HRF Dodgeball DTF: Gymnastics lesson 3 Dance Let's Move: Winter Wonderland (4) 	<ul style="list-style-type: none"> DTF PE: Net Games DTF: Gymnastics lesson 4 Dance Let's Move: Opposites (Spring) (2) 	<ul style="list-style-type: none"> DTF PE: FUNdamental Football DTF: Gymnastics lesson 5 Dance Let's Move: Minibeasts (3) 	<ul style="list-style-type: none"> DTF PE: Athletics DTF: Gymnastics lesson 6 Dance Let's Move: Under the sea (2)
Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:	Fine Motor:
<ul style="list-style-type: none"> Squiggle While You Wiggle and Funky Fingers <ul style="list-style-type: none"> Show good pencil control when mark making and drawing Use cutlery and other one-handed equipment 		<ul style="list-style-type: none"> Dough Disco & Funky Fingers <ul style="list-style-type: none"> Sit at a table to write Hold a pencil in tripod grip Use scissors 		<ul style="list-style-type: none"> Twinkl Handwriting <ul style="list-style-type: none"> Effective tripod pencil grip Use a range of tools e.g. pencils, paintbrushes Draw with accuracy 		

Year 1

PE	DTF Gymnastics	Dance: Time to Move – Playground Games & A Victorian Christmas	DTF Gymnastics (recap & use VAL Sabin to enhance)	Dance: BBC Let's Move – Life in the Rainforest and Greedy Zebra	Gymnastics - VAL Sabin	Dance: Let's Move – Knights, Castles and Dragons & Time to Move – The King's New Clothes
	DTF PE: Striking and Fielding	DTF PE: Invasion Games	DTF PE: HRF Dodgeball	DTF PE: Net Games	DTF PE: FUNdamental Football	DTF PE: Athletics

Year 2

PE	DTF Gymnastics	Dance: Let's Move - In The City, Can We Build It? & Autumn Days	DTF Gymnastics (recap and enhance with Val Sabin Gymnastics)	Dance: Time to Move - Antarctica & Oceans	Val Sabin Gymnastics	Dance: Time to Move - Fruit and Veg
	DTF PE: Striking and Fielding	DTF PE: Invasion Games	DTF PE: HRF Dodgeball	DTF PE: Net Games	DTF PE: FUNdamental Football	DTF PE: Athletics