



Long Term Planning

Physical Education		
Autumn Term		
<p>Basic & Personal Self Help Skills Hand washing and personal hygiene including toilet training and oral health. Taking off and putting on shoes. Taking off and putting on a coat. Changing for PE. Doing up a zip.</p>	<p>Fine Motor Mark Making/Draws lines and circles/writes letters and/or name Use scissors safely (opens/closes and snips paper) Threads beads on to a string Explores playdough and 'Dough Disco' Explores a range of tools for making marks, writing and drawing.</p>	<p>Gross Motor 'Squiggle While You Wiggle' Using large muscle movements to move streamers/flags and developing cores strength Riding, pedalling, Balancing, coordination, ball skills Football Gymnastics</p>
Spring Term		
<p>Thinking about making healthy choices including, diet, exercising, screen time, oral health, personal hygiene, plenty sleep and safety awareness.</p> <p>Showing increasing independence in self-help skills and looking after own belongings.</p>	<p>Makes recognisable marks for a purpose including more complex lines and shapes. Writes recognisable letters and words. Cuts along a straight line and cuts shapes (using other hand to steady/guide/rotate the paper) Manipulates playdough and other media and materials in a variety of ways. Use a range of tools in a controlled way.</p>	<p>Continue to practise and refine above skills.</p> <p>Explore moving our bodies in different ways, travelling, posing, dancing and sequences of movements. Multi-skills Tennis</p>

Summer Term

Shows independence and increased maturity in looking after themselves and their belonging.

Demonstrates safety and awareness of space, obstacles and others.

They understand and can explain the importance of safety and health.

Writes sentences that can be read by others, letters correctly formed.

Cuts a curved line and a variety of shapes skilfully.

Use tools with precision and control and for a variety of purposes.

Uses writing and drawing materials to add finer details.

Draws a detailed person

Demonstrate strength, balance and coordination in a range of ways and contexts.

Moves energetically and skilfully in running, jumping, dancing, hopping, skipping and climbing.

Cricket
Rugby