

# Area of Learning: PE

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Reception, Year 1 & Year 2: Please refer to individual year group Leapfrogs plans saved in Teachers 2.

Dates/Events:    Sport Relief: March 2021    Sports Day: Term 6, date tbc

Nursery Reception	Dance/Gymnastics	Gymnastics & Festival Dances	Dance/Gymnastics	Games & Yoga	Games & Athletics	Games & Athletics
Content	Leapfrogs- Gymnastics <i>(September Lesson Plan 1, &amp; October Lesson Plan 2)</i>  Leapfrogs- Dance <i>(September Lesson Plans 1 &amp; 2, October Lesson Plans 3 &amp; 4)</i>	Leapfrogs- Gymnastics <i>(November Lesson Plan 3, &amp; December Lesson Plan 4)</i>  Leapfrogs- Dance <i>(December Lesson Plan 7- 'Christmas'- develop skills using own choice of music)</i>	Leapfrogs - Gymnastics <i>(January Lesson Plan 5, &amp; February Lesson Plan 6)</i>  Leapfrogs- Dance <i>(February Lesson Plan 10- 'Tapping &amp; Stamping'- develop skills using own choice of music/ instruments linked to Dinosaur topic)</i>	Cosmic Kids Yoga- adults to choose as appropriate throughout the term  Leapfrogs- Games <i>(March Lesson Plan 7)</i>  <i>Sport Relief activities to be planned</i>	Leapfrogs- Games <i>(April Lesson Plan 8 &amp; May Lesson Plan 9)</i>  Athletics (outside) <i>Running &amp; hurdles</i>	Leapfrogs- Games <i>(June Lesson Plan 10 &amp; July Lesson Plan 11)</i>  Athletics (outside) <i>Obstacle course &amp; sports day practise</i>
Nursery Skills	-Runs safely on whole foot. -Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands. -Beginning to recognise danger and seeks	-Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt. -Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment. <i>(22-36m)</i>	-Mounts climbing equipment using alternate feet. -Uses movement to express feelings. -Creates movement in response to music. -Moves freely and with pleasure and confidence in a range	-Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. -Understands that equipment and tools have to be used safely.	-Can kick a large ball. <i>(22-36m)</i> -Can catch a large ball. -Runs skilfully and negotiates space successfully,	-Can kick a large ball. <i>(22-36m)</i> -Can catch a large ball. -Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up,

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	support of significant adults for help. (22-36m)	-Enjoys joining in with dancing. Beginning to move rhythmically. Imitates movement in response to music. -Can stand momentarily on one foot when shown. (30-50m)	of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. (30-50m)	-Observes the effects of activity on their bodies. (30-50m)	adjusting speed or direction to avoid obstacles. (30-50m)	pulls up own trousers, and pulls up zipper once it is fastened at the bottom. (30-50m)
Vocabulary						
Reception Skills	<p>Gym: Safe sharing of the space with others, good use of feet in jumping &amp; landing, learning varied ways of travelling on hands &amp; feet, cooperatively lifting, carrying &amp; placing equipment in a quiet, safe &amp; sensible way.</p> <p>Dance: Listen, respond &amp; concentrate, whole body movements, body shapes &amp; space awareness</p>	<p>Gym: Planning &amp; performing simple skills safely, body-shape awareness, space awareness, begin to link together a series of actions.</p> <p>Dance: Body parts awareness, travelling with neat footwork, varied actions &amp; use of feet and legs</p>	<p>Gym: Travelling in different ways using hands and feet, an awareness of the many actions and uses of body parts, planning &amp; performing basic actions including jumping, landing &amp; rolling.</p> <p>Dance: Variety in body part actions, body contact sounds, making and moving with sounds</p>	<p>Games: Varied ways to use a skipping rope, co-operation with a partner, learning to control a ball, catching &amp; throwing, target practice.</p> <p>(Link to Sport Relief)</p>	<p>Games: Running, jumping &amp; throwing practice, increasing body confidence and self control, using a variety of equipment, learning to judge force &amp; height when batting a small ball by oneself or with a partner, planning to link simple actions together.</p>	<p>Games: Neat, controlled actions, developing good footwork &amp; ball control skills, displaying a good level of variety and quality of skills learned through the year.</p>
Vocabulary						

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Year 1/2	Net/ball basketball & Dance	Gymnastics & Festival Dances	Gymnastics & Animal themed Dance	Yoga/ Games	Games & Athletics	Games & Athletics
Minimum requirement at KS1: Must teach athletics, games, gymnastics and dance skills to all children. DfE recommendation: A minimum of 2 hours of taught, curricular PE each week.						
Content  (Taken from Leapfrogs PE Lesson Plans Year 2)	Netball/Basketball -  Leapfrogs- Dance <i>(September Lesson Plan 1 &amp; Sept/October Lesson Plan 2)</i>	Future Stars – Gym  Leapfrogs- Dance <i>(November Lesson Plan 3- 'Fireworks' &amp; December Lesson Plan 4- 'Christmas'- develop skills using own choice of music)</i>	Future stars – Multi-skills  Gym – using future stars plans.	Future Stars – Football  Leapfrogs- Games <i>(March Lesson Plan 7)</i>  <i>Sport Relief activities to be planned</i>	Future Stars – Athletics  Athletics (outside) <i>Running &amp; hurdles</i>	Future Stars – Athletics  Athletics (outside) <i>Obstacle course &amp; sports day practise</i>
Year 1 Skills	Throwing games: Performing simple, linked movements, good dodging & chasing, travel with, send & receive a ball & other equipment in different ways.  Dance: Space & body-shape awareness, controlled & rhythmic travelling & stopping, using the contrasts of speed, shape, direction & level.	Gym: Body parts & shape awareness in balancing & motion, thoughtful & focused activity on the floor & in travelling up to, on & from apparatus.  Dance: Using the contrasts of speed, shape, direction & level, displaying imaginative ideas to fit the given theme, neat, controlled & versatile movements.	Gym: Space awareness, linking actions in a well-planned way, jumping & landing safely, rolling, repeating, practising, improving & remembering sequences of linked actions.	Games: Performing simple, linked movements, good dodging & chasing, travel with, send & receive a ball & other equipment in different ways.  (Link to Sport Relief)	Games: Using a variety of implements in a variety of ways, responding to challenges, showing greater confidence & versatility, develop skills for simple net games.	Games: Linking movements together smoothly, co-operating with a partner in a variety of ways, demonstrating increasing control over body, demonstrating the ability and desire to plan, practise, repeat & improve, develop an understanding of tactics for attacking and defending.
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Year 2 Skills	<p>Games: Develop an understanding of tactics for attacking and defending, planning and performing safely a range of simple actions and linked movements in response to given tasks, demonstrating improvements, reflecting on strengths &amp; weaknesses.</p> <p>Dance: Awareness of basic actions &amp; contrasts of shape, body parts awareness, perform more than one skill at a time by linking actions thoughtfully.</p>	<p>Gym: Space awareness, use of different directions, levels &amp; spaces, inking movements with obvious control &amp; understanding, jumping strongly &amp; landing softly, absorbing shock, rolling.</p> <p>Dance: Develop control, co-ordination, balance, poise &amp; elevation in the basic actions of travelling, jumping, turning &amp; stillness, explore feelings &amp; develop a rhythmic response to music.</p>	<p>Gym: Sequencing &amp; linking a series of actions &amp; showing the ability to remember &amp; repeat them, balancing, maintaining good body tension &amp; posture.</p>	<p>Games: Showing greater control over own movements, understanding the varied activities possible using simple equipment, demonstrating versatility.</p> <p>(Link to Sport Relief)</p>	<p>Games: Showing good, safe planning, demonstrating good control over body, good sharing of space &amp; good footwork, running, jumping, throwing &amp; skipping, working on solutions to tasks.</p>	<p>Games: Develop an understanding of tactics for attacking and defending, planning and performing safely a range of simple actions and linked movements in response to given tasks, demonstrating improvements, reflecting on strengths &amp; weaknesses.</p>
Vocabulary						